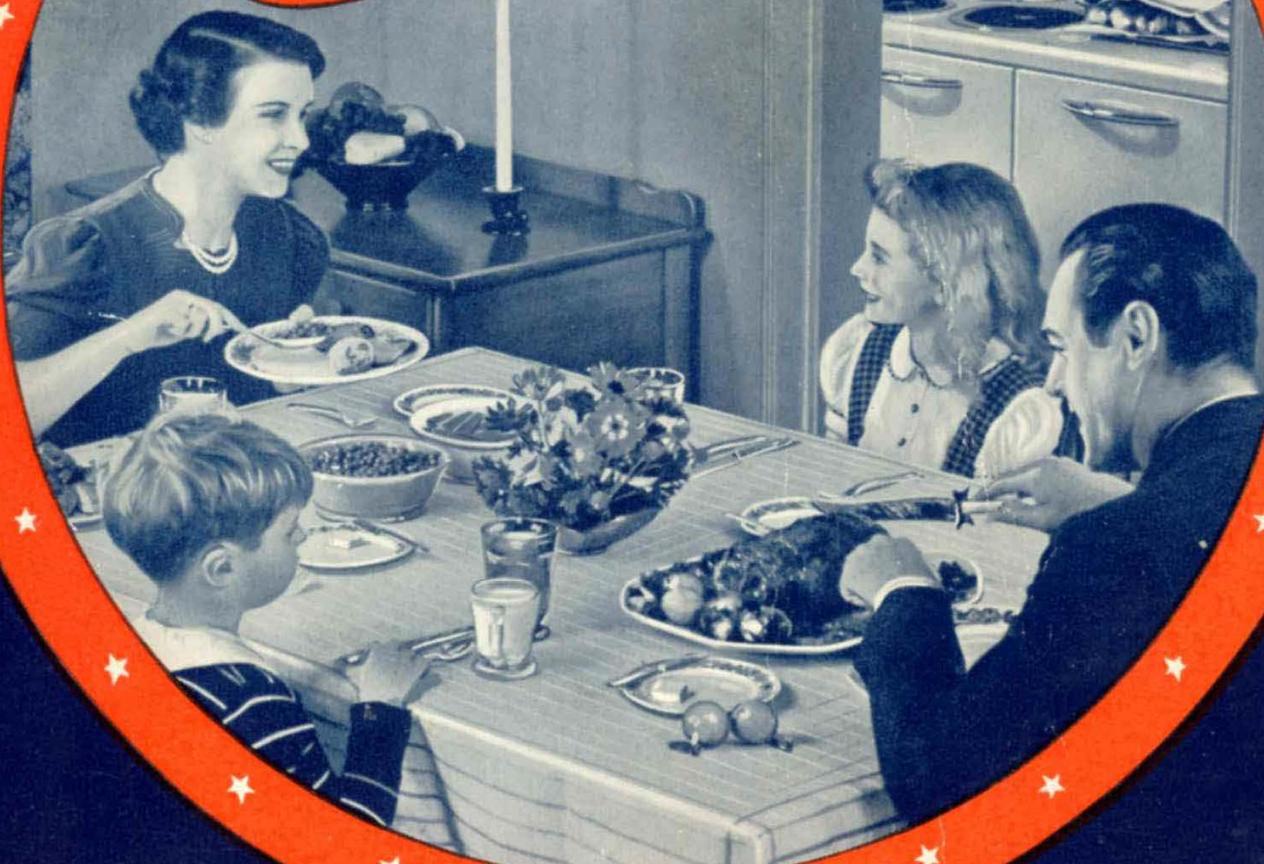


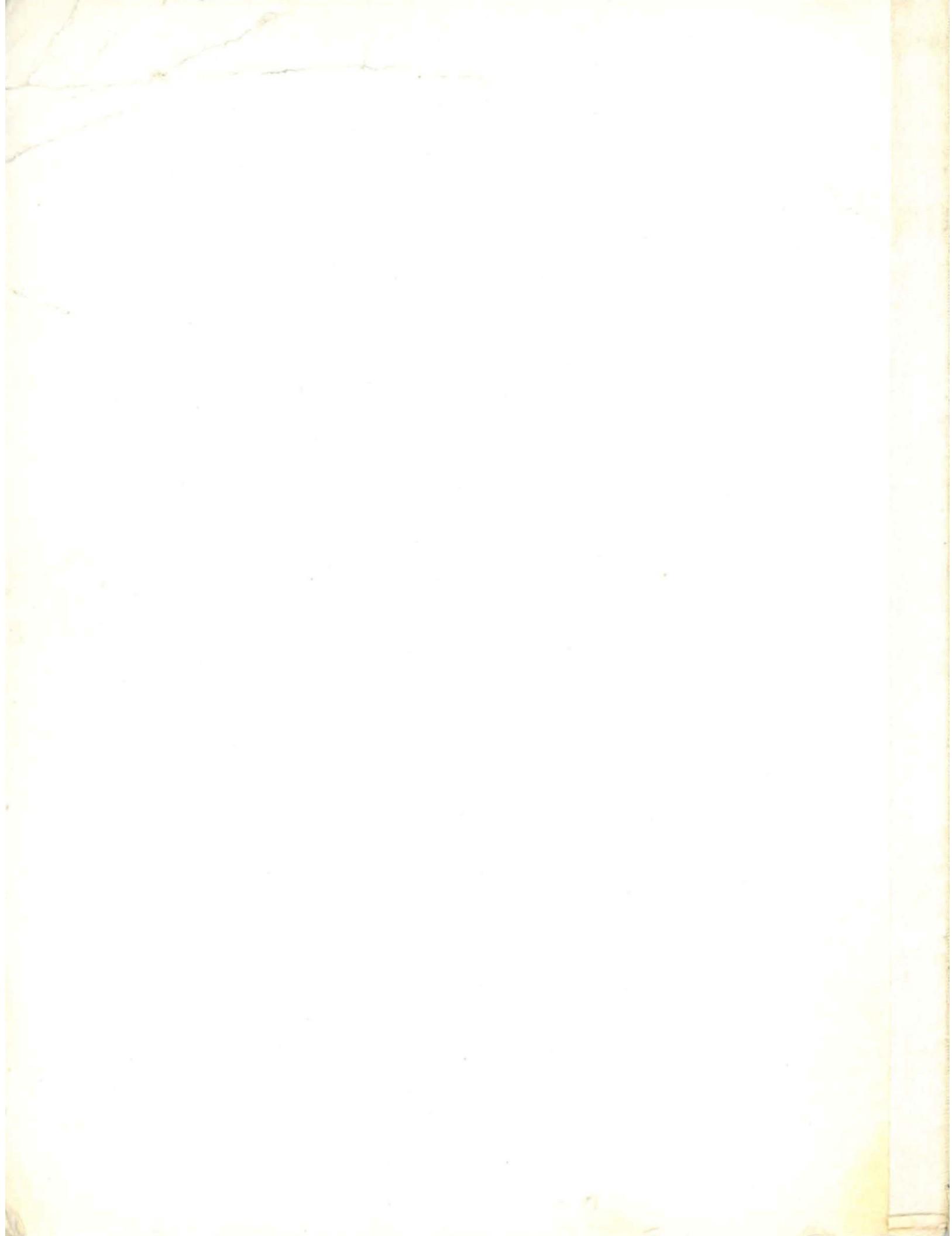
THE
New Art
OF SIMPLIFIED
COOKING



*From the Kitchens of the
General Electric Institute*

HOME SERVICE SECTION, APPLIANCE AND MERCHANDISE DEPT.

GENERAL ELECTRIC COMPANY • BRIDGEPORT, CONNECTICUT



\$2

RECIPES TO PLEASE THE WHOLE FAMILY

Dedicated to the homemakers of America for whom the General Electric Company constantly strives to make better things for better living.



"Good Food, properly prepared, adds more to the joy of living than any other one thing."

Anonymous

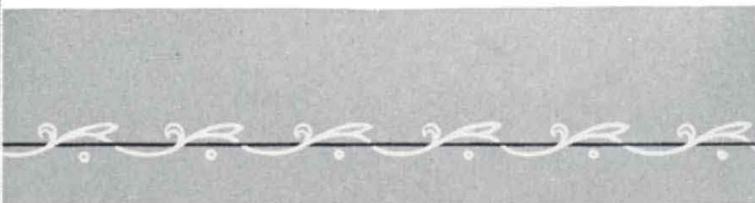
A book of favorite recipes and menu suggestions, with helpful hints for modern food preservation and preparation. Recipes are tested and approved by the Home Service Section, Appliance and Merchandise Department, General Electric Company, Bridgeport, Connecticut.

The General Electric Institute

BRIDGEPORT, CONNECTICUT



IN THIS NEW INSTITUTE,
COMPLETELY EQUIPPED
WITH THE MOST MODERN
ELECTRIC APPLIANCES, ALL
RECIPES INCLUDED IN THIS
BOOK ARE TRIED AND TESTED



Modern Electric Appliances in the Home

ELECTRICITY is constantly making possible new and better methods of homemaking. Just as constant research is necessary in the development and production of modern electric appliances, so continued research is essential to the most useful and economical application of these appliances in the home.

In the new and modernly equipped General Electric Institute, a staff of home economics experts is continually planning, developing and testing new and better ways to use today's electric appliances in the preservation and preparation of food, and in kitchen sanitation. These experts go to market...they shop...they study ways to save money in the purchase and preparation of food without sacrificing goodness and wholesomeness. They talk with housewives, with food growers and buyers, with diet specialists. They travel to all parts of the country giving thousands



of women the benefit of what has been learned in the G-E Institute.

The Home Service Section is always striving to help the homemaker find greater convenience, cleanliness, and economy in the kitchen—to help the woman who wants to save time and energy in her kitchen work. In the G-E Institute are several complete all-electric kitch-

ens of different size and design. These modern all-electric kitchens have electric refrigerators for the preservation of food and for preparing cold dishes...electric ranges for easier preparation of healthful, tasty meals...electric dishwashers to wash and dry the dishes...electric disposalls to get rid of wastes in an easy and sanitary way...and many other electric appliances developed by General Electric to make homemaking easier and happier.



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Appetizers

Stuffed Celery

YIELD, 12 PIECES CELERY

- | | |
|---|---|
| 1. Mash together..... | <p>1 cake (3 oz.) cream cheese
1/4 tsp. salt
1/8 tsp. pepper
1/8 tsp. Paprika
Dash Worcestershire sauce</p> |
| 2. Moisten with..... | <p>Mayonnaise</p> |
| 3. Separate and wash celery hearts. Fill celery with mixture through a pastry tube. | |

Celery Curls

1. Cut stalks of celery into three or four-inch pieces.
2. With a sharp knife make five or six incisions down the stalk, stopping within 1½ inches of the end.
3. Drop the pieces into cold water and place in refrigerator for several hours.
4. The split ends will curl back along the stalks, making an attractive garnish for salads and "cold plates."
5. To hasten curling place in Chiller.

Celery Trunks

1. Take two matching pieces of curled celery and fill the cavities with any filling used for stuffed celery.
2. Press the two stalks together and stand upright to resemble trunks of trees.

Firecrackers

1. Spread thin slices of baked ham with prepared mustard, then with cream cheese and crushed pineapple, mixed.
2. Roll tightly.
3. Place strip of green pepper in one end of each to represent the fuse.
4. Serve with luncheon.

Strawberry-Like Appetizers

1. For realistic strawberries, mash liver sausage (without garlic) then shape into the shape of a strawberry, roll in finely ground almonds, which have been tinted red.
2. Use a tiny bit of mint or watercress for stem and leaf.

Hors D'Oeuvres

Relishes which are classed as hors d'oeuvres may consist of olives, plain or stuffed, pickles of various kinds, radish roses, fruits, celery hearts, etc. Hors d'oeuvres should be served on a special tray or dish divided into compartments. A combination of hors d'oeuvres and canapes may be served if desired. Marinate all vegetables. Fruits should be dipped in lemon juice.

Hors D'Oeuvres Combinations

1. Avocado pears cut in cubes or balls. Dip in lemon juice and salt.
2. Artichoke hearts. Pickled beets. Cauliflower flowerlets. Asparagus wrapped in bacon and broiled. Carrot and turnip straws.
3. Celery—plain or stuffed with various cheeses.
4. Tiny cream puff stuffed with ham, chicken, lobster or crabmeat salad.
5. Sardines or shrimp jellied in aspic. Cut and arranged on slices of tomato.
6. Midget frankfurters or cocktail sausages served hot on toothpicks.
7. Shrimp marinated or French fried served on toothpicks around a bowl of sauce.
8. Hard cooked eggs, stuffed or sliced and marinated and sprinkled with minced parsley, chives or cress.
9. Melon cut in strips or balls. Also segments of orange or grapefruit.
10. Olives or prunes wrapped in bacon, stick with toothpick and broil.

Canapes

Canapes may be made either simple or elaborate in appearance. Canapes are made from toasted bread cut thin and cut into various shapes. There are also excellent cheese sticks, pretzels, prepared biscuits, crackers, or potato chips. These may be purchased at most grocery stores.

Cold Canapes are generally made of Russian Caviar, anchovy paste, smoked fish, hard cooked eggs, cheese, sea foods, etc. Mix with a little mayonnaise. Garnish edge of canapes with sieved egg yolks or whites, minced parsley or chives, cream cheese, mayonnaise, pimento, butter, etc. Put on with pastry tube.

Hot Canapes generally have a savory mixture served on hot toast, such as deviled cheese, minced ham, sausages, oysters, broiled tomatoes or fried shrimp. These should be served very hot.

Canapes

Canape Combinations

1. Cream cheese with minced onion, served on crisp crackers. Garnish with caviar or minced parsley.
2. Avocado pears, sliced, served on toast, garnished with almonds and cherries.
3. Equal parts anchovies and sardine paste. Spread on fried bread and garnish with pimento butter and lemon.
4. Small new onions rolled in bread spread with mayonnaise.
5. Chutney sauce and minced ham spread on toast rounds. Sprinkle with Parmesan cheese and toast. Serve hot.
6. Potato chips spread with anchovy paste, caviar, or roquefort cheese.
7. Ground chicken and almonds seasoned with new onions and moistened with mayonnaise. Spread on Melba toast.
8. Cocktail sausages with salted almonds at each end served as garnish on platter.
9. Red or black caviar spread on fried bread. Garnish around edge with cheese or egg.
10. Snappy cheese on crisp crackers.

Russian Canape

1. Spread rounds of bread with..... **Anchovy butter**
(Well creamed butter to which a small amount of anchovy paste has been added.)
2. Place in center of each round of bread... 1 tsp. caviar
3. Garnish through a pastry tube with..... **Anchovy butter or cream cheese**
4. Place in refrigerator to chill.
May be served on lettuce leaf or with a garnish of shredded lettuce or watercress.

Hot Cheese Puff Canape

1. Dice..... $\frac{1}{2}$ lb. American cheese
 $\left\{ \begin{array}{l} 1 \text{ 3-oz. pkg. cream cheese} \\ 1 \text{ egg} \\ 1 \text{ tsp. baking powder} \end{array} \right.$
2. Add.....
3. Mix until a smooth paste.
4. Toast..... **Bread**
5. Cut toasted bread into tiny shapes.
6. Spread with cheese mixture.
7. Place under broiler until golden brown.
8. Serve at once.
9. Small crackers can be substituted for toast.

Luncheon Canape

SERVES 6

1. Steam..... 3 eggs
2. Remove yolks and put through a sieve.
 $\left\{ \begin{array}{l} 1 \text{ tbsp. finely} \\ \text{chopped chives} \end{array} \right.$
3. Add to egg yolks .. $\left\{ \begin{array}{l} \text{Cayenne pepper} \\ 3 \text{ tbsp. melted} \\ \text{butter} \end{array} \right.$
4. Moisten with $\left\{ \begin{array}{l} \text{Mayonnaise} \\ \text{Catsup to hold yolks} \\ \text{together} \end{array} \right.$
5. Fill whites with mixture and chill thoroughly.
6. Saute..... 6 slices bread cut in rounds
7. Spread with **Anchovy paste**
8. Place on small plates and on each piece of toast place $\frac{1}{2}$ of a stuffed egg. Sprinkle with paprika. Garnish with parsley.

Tomato Supreme

SERVES 6

1. Scald..... 6 very small tomatoes
2. Remove skin and centers of tomatoes, sprinkle inside of tomato with salt and chill thoroughly.
 $\left\{ \begin{array}{l} \frac{1}{2} \text{ cake cream cheese} \\ 2 \text{ tbsp. cream} \end{array} \right.$
3. Mix together..... $\left\{ \begin{array}{l} 1 \text{ tbsp. chili sauce} \\ 1 \text{ tbsp. catsup} \\ \frac{1}{2} \text{ tsp. paprika} \\ \text{Salt and pepper} \end{array} \right.$
4. Fill tomato with the above mixture. Return to refrigerator cabinet and chill thoroughly.
5. Place on small plate, on lettuce nests or shredded lettuce. Top with mayonnaise. Serve as first course.

Suggested Garnishes for Various Canapes

1. Minced ripe or green olives.
2. Sliced or halved stuffed olives.
3. Rolled anchovies
4. Pimiento or green pepper diced or in strips.
5. Chopped sweet or dill pickles.
6. Jellied mayonnaise.
7. Riced egg yolk.
8. Filets of anchovy.
9. Minced radish peeling and minced parsley.

Garnishes

Tools for making garnishes: Very sharp paring knives, various fancy cutters, rigid knife for vegetables, shredders, French vegetable cutters for vegetables and fruit, French butter curler, vegetable friller.

Garnishing slicers for: Eggs, vegetables, fruit, slicer for making "screw curls" of vegetables, slicer for making vegetable flowers, pastry bag and tubes, various decorating tubes, small wire baskets for making potato flowers, paper frills.

Radish Roses or Tulips

1. Select round radishes, remove root tip, leave only enough of the leaves and stem to make an attractive garnish.
2. With a very sharp knife cut the red peeling to represent a rose or tulip.
3. Peel back.
4. Place in ice water or in vegetable pan until ready to use.

Tomato Flower

1. Select a firm, ripe, medium sized tomato. With a very sharp knife divide the tomato into five equal petals. Carefully peel the petals down to stem end, being careful not to break.
2. When all petals are completed, open to resemble a flower.
3. Sprinkle with sieved egg yolk or cheese.
4. Use as a garnish or an individual salad.

Tomato Rose

1. Select a medium size tomato. Hold the tomato with the left hand and with a very sharp knife pare the tomato, peeling in the same way as paring an apple, being careful not to break the paring. Remove paring entirely, including the stem end.
2. With the first end, carefully wind the paring, skin side out, snugly together to resemble a rose. When the stem end is reached, let the rose rest on the stem end, furnishing a base for the rose. Make a center of carrot strips or egg yolk.
3. Use to garnish salads, meats or a sandwich tray.

Olive Flower

1. Cut a ripe olive into four or five petals. Remove stone. Fill center with cream cheese or mayonnaise.

Water Lily

1. Hard cook the number of eggs needed. When cold, cut the egg white in 6 or 8 equal size petals lengthwise of the egg. **Do not** cut all the way down. Carefully pull back the petals and remove the yolk. Close the petals and place in refrigerator.
2. Mash the egg yolks, adding mayonnaise or cream, salt, pepper, mustard to season.
3. When ready to serve, set the egg on a bed of shredded lettuce, open petals to represent a lily, and form the center with egg yolk mixture (using a pastry tube). Sprinkle with paprika.

Luncheon Butters

1. Use a sharp paring knife with a rounded end. Draw knife across butter lightly, until there is as much on the knife as it will hold.
2. Remove and form into a flower. If butter is too cold it will come off too thin. If butter is too warm, it will be too thick.
3. Place flower on pat of butter.
4. Place a piece of parsley stem vertical on one side of flower.
5. Place a bit of cherry, carrot or pimento in center.
6. To add more color, touch edges with paprika.

Potato Cases

1. Peel large potatoes.
2. Slice paper thin.
3. Cut into strips 1 inch wide, $2\frac{1}{2}$ inches long.
4. Cut one end to a point.
5. Place 7 petals around a small noodle basket.
6. Hold securely and place smaller basket inside.
7. Fasten and fry in deep fat until golden brown.

Vegetable Corsages

1. Use a root of spinach which has many stems and leaves.
2. Break off some of leaves leaving stem. Insert toothpicks in stems, cut tiny circles from carrots, white turnips and ripe olives. Have circles of different sizes.
4. Place two or three on top of each other and place on toothpick.
5. Cut daisies from carrots and turnips and place on toothpicks. Repeat until all toothpicks are filled.

Beverages

Decorated Cubes

Place a maraschino cherry in section of the ice cube tray; fill tray $\frac{1}{2}$ full of water and freeze. Then fill remainder of tray with water and freeze. Use either red or green minted cherries.

Mint leaves and red cherries frozen in tray make an attractive cube for lemonade.

Lemon cut $\frac{1}{8}$ inch thick and sliced in quarters, frozen in cube makes a very unusual cube for orangeade.

Put in each compartment of tray 1 or 2 mint leaves, a small flower or cherry. Freeze.

Sugar Syrup

1. To..... 3 cups sugar
2. Add..... 1 $\frac{1}{2}$ cups water
3. Stir until dissolved.
4. Bring to boiling point and boil slowly for 10 min.—Cool.
5. Pour into covered jar and keep in refrigerator, using as needed.

Fruit Punch

SERVES 25

1. To..... Sugar syrup

1 qt. grape juice
1 pt. gingerale
6 oranges (juice)
6 lemons (juice)
1 pt. grated pineapple
1 pt. tea (optional)
2. Add..... 2 qts. chilled water
3. Let stand for 1 hour.
4. Add..... 2 qts. chilled water
5. Serve with chipped ice.

Pineapple Raspberryade

SERVES 8

1. Mix together..... 1 cup water
1 cup canned crushed pineapple
1 cup canned raspberry juice
1 lemon (juice)
2. Keep in refrigerator until ready to serve.
3. Serve in tall glasses with gingerale cubes and fresh mint leaves.

Russian Chocolate

SERVES 6

1. Combine..... 2 cups hot chocolate
2 cups hot coffee
2. Add..... $\frac{1}{2}$ cup sugar syrup
4 tsp. coffee cream
3. Cool and place in refrigerator to chill.
4. Place glasses in chiller tray to frost.
5. When ready to serve fill frosted glasses with crushed ice cubes.
6. Pour over chilled mixture.
7. Garnish with..... Whipped cream and cherries

Hot Chocolate

SERVES 6

1. Scrape fine..... 2 squares unsweetened chocolate
2. Mix with..... 3 tbsp. water
3. Melt on low heat.
4. Scald..... 4 cups milk
5. Add..... Chocolate mixture
6. Add..... 3 tbsp. sugar
7. Stir until dissolved.
8. Whip with egg beater until light and frothy.
9. Serve with..... Marshmallows or whipped cream

Tea a la Julep

1. Clean, cut and place in tea pot..... $\frac{1}{2}$ cup mint leaves
2. Add..... 3 tbsp. black tea
Pinch salt
6 cups boiling water
3. Allow to stand 5 to 8 minutes—strain.
4. Pour tea over..... Ice cubes
5. Garnish with..... Sprig sugared mint
Lemon slice

Egg Nog

1. Beat..... 1 egg yolk
1 tsp. sugar
Pinch salt
2. Add..... 1 tbsp. sherry or brandy
3. Add and shake well.... $\frac{3}{4}$ cup milk
4. Beat until light and add..... 1 egg white
5. Pour into glasses and add..... Dash nutmeg

Cocktails

Cocktail Sauce

SERVES 6

1. Mix

$\frac{1}{2}$ cup catsup or chili sauce
3 tbsp. lemon juice
1 tbsp. horseradish
2 drops tabasco sauce
$\frac{1}{4}$ tsp. salt
2 tsp. Worcester- shire sauce
Celery or garlic salt, if desired
2. Blend well and store in refrigerator in screw top jar.

Sea Food Cocktail

SERVES 1

1. Mix together

2 oysters
4 shrimp
2 clams
1 tbsp. lobster meat
2. Chill thoroughly.
3. When ready to serve,
mix with **Cocktail sauce**
4. Garnish with **Slice of lemon,
parsley or curly
endive**

Clam Juice Cocktail

SERVES 6

- | | SAUCEPAN | | | | | | | | |
|--|--|---|------------------|---|--------------|---|-------------------|---|--------------|
| 1. Place in saucepan. | <table border="0" style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 10%;">3</td><td style="width: 90%;">cups clam liquor</td></tr> <tr><td>1</td><td>stalk celery</td></tr> <tr><td>1</td><td>tsp. grated onion</td></tr> <tr><td>2</td><td>tbsp. catsup</td></tr> </table> | 3 | cups clam liquor | 1 | stalk celery | 1 | tsp. grated onion | 2 | tbsp. catsup |
| 3 | cups clam liquor | | | | | | | | |
| 1 | stalk celery | | | | | | | | |
| 1 | tsp. grated onion | | | | | | | | |
| 2 | tbsp. catsup | | | | | | | | |
| 2. Bring ingredients to a boil, remove and chill thoroughly. | | | | | | | | | |
| 3. Add | Lemon juice,
tabasco sauce | | | | | | | | |

Fruit Cocktail

1. Fruit cocktails may be made from almost any fruits, canned or fresh. As a rule, a combination of a sweet and a sour fruit is most piquant in flavor.
2. All fruit should be chilled very thoroughly before serving.
3. The chiller tray or trays of the refrigerator are excellent for this purpose.

Melon Ball Cocktail

1. With a French vegetable cutter scoop out balls from **Watermelon, canta-
loupe, honeydew,
cassaba or any
melon in season**
2. Arrange in cocktail glasses, or melon shells (2 melons will make 12 shells).
3. Squeeze over balls **Juice of fresh lime
or lemon**
4. Chill thoroughly.
5. Garnish with **Sprig of mint or
gaylax leaf**

Golden Glow Cocktail

1. Place in frappe glass **2 or 3 tbsp. orange
sherbet**
2. Fill glass with **Ginger ale**
3. Sprinkle over top **Chopped crystal-
lized ginger**

Ginger Fruit Cocktail

1. Dice

1	cup canned peaches
1	large banana
1	orange
2. Add and mix

2	tbsp. lemon juice
$\frac{1}{4}$	cup confectioners' sugar
3. Chill in refrigerator.
4. Arrange in glasses.
5. Sprinkle over top **2 tbsp. chopped
crystallized ginger**

Rose Cup Cocktail

1. Combine

$\frac{3}{4}$	cup watermelon balls
$\frac{3}{4}$	cup honeydew melon balls
$\frac{1}{2}$	cup seeded white grapes
2. Add

2	tbsp. grenadine
1	tbsp. lemon juice
3. Chill in refrigerator until ready to serve.
4. Add **1 cup ginger ale**

Soups

Foundation White Sauce

SAUCEPAN TEMP. LOW HEAT TIME 12 to 15 MIN.

1. Melt 3 tbsp. butter
2. Add { 4 tbsp. flour
1/8 tsp. pepper
1/8 tsp. salt
3. Mix to smooth paste.
4. Add to 2 cups scalded milk.
5. Cook until thick.
6. Use immediately or cool, and store in covered jar in refrigerator.

Clam Chowder

SERVES 8 THRIFT COOKER TIME 1 HR.

1. Wash thoroughly 2 doz. fresh clams
2. Steam clams in 1/2 cup water
3. Steam until clams are well opened.
4. Drain, reserving liquor.
5. Remove shells.
6. Cut clams into small pieces.
7. Place in Thrift Cooker Kettle 2 qts. boiling water
8. Peel, dice, add { 1/3 cup diced celery
4 potatoes
9. Peel and slice 3 medium onions
10. Cook for 15 minutes.
11. Dice and fry 2 slices salt pork
12. Add { 2 cups canned tomatoes
1 tsp. salt
1/4 tsp. pepper
13. Mix together and cook slowly.

Cream Soup Variations

1. **Cream of Spinach.** Add to the Foundation White Sauce 1 1/2 cups spinach puree and 1/2 tsp. sugar. Season to taste. Serve very hot with croutons.
2. **Cream of Corn.** Add 2 cups cooked corn seasoned with thinly sliced onion. Serve hot with popped corn, dash of paprika and strips of pimento on top.
3. **Cream of Tomato.** Add 2 1/2 cups of tomato puree, pinch of soda and 1 tsp. of grated onion. Serve hot and top with whipped cream if desired.
4. **Cream of Pea.** Add 2 1/2 cups of pea puree, 1 tsp. grated onion.
5. **Cream of Mushroom.** Simmer 1/4 lb. of mushrooms sliced thin in 2 tbsp. butter. Add 1/2 cup of water and cook slowly for 10 min. Add this to 2 cups of Foundation White Sauce and serve hot with toasted crackers.

6. **Cream of Celery.** Add 2 cups of celery pulp, season and serve hot.

7. **Cream of Asparagus.** Add to the Foundation White Sauce 2 cups of asparagus puree. Serve hot with whipped cream.

Clear Consomme

SERVES 8 THRIFT COOKER TIME 6 to 8 HRS.

1. Wash thoroughly 1 soup bone (beef or veal—broken by butcher)
2. Place in large saucepan or Thrift Cooker.
3. Add { 1 chicken carcass
1/2 cup celery
1/2 cup carrots
1 tbsp. parsley
1/4 cup onions
1/2 tsp. thyme
3 whole cloves
1/2 tsp. pepper
Salt to taste
4. Season with 2 1/2 qts. water
5. Add 2 1/2 qts. water
6. Turn switch to low for 6 to 8 hrs.
7. Strain through cheese cloth. Cool.
8. Serve immediately or store in covered jar in refrigerator.

Variations of Consomme

1. **Jellied Consomme.** Add 2 1/2 tsps. of plain gelatin soaked in 2 tbsp. cold water to 1 pt. of consomme.
2. **Vegetable Consomme.** Add to consomme recipe 1 cup of shredded carrots, 1 cup shredded celery and 1 cup green peas. Cook for 30 minutes after adding vegetables.
3. **Noodle Soup.** To 1 quart of brown soup stock add 1 cup of egg noodles, cook 20 minutes.
4. **Consomme Royale.** Consomme served with shredded chicken and new green peas.
5. **Julienne Soup.** Add equal portions of shredded carrots, celery, turnips and onions.

Tomato Bouillon

SAUCEPAN OR THRIFT COOKER

SERVES 6

TIME 25 MIN.

1. Mix { 2 cups canned tomatoes
1 small bay leaf
2 cloves
1/2 sliced onion
2. Simmer for 20 minutes—strain.
3. Add { 3 bouillon cubes
3 cups water
4. Heat slowly, stirring constantly about 5 minutes.
5. Strain through cheese cloth.

Soups

Jellied Tomato Bouillon

SERVES 6	SAUCEPAN	TIME 3 to 4 HRS.
		{ 1 qt. tomatoes 1 tbsp. chopped onion 1 tsp. salt 4 whole cloves 1 bay leaf $\frac{1}{2}$ cup celery Pepper
1. Cook together for 20 min.		
2. Strain.		
3. Soak.....	2 tbsp. gelatin	
4. In.....	$\frac{1}{2}$ cup cold water	
5. Dissolve in hot tomato mixture. Cool.		
6. Pour into shallow pan and place in cabinet or chiller tray to congeal.		
7. Serve in chilled bouillon cups, cubed or broken with fork. Garnish with parsley.		

French Onion Soup

SERVES 6	SAUCEPAN	TIME 45 MIN.
1. Sauté.....	$\frac{1}{2}$ lb. onions thinly sliced	
In.....	4 tbsp. butter	
2. Cook on low heat.		
3. Add.....	{ 1 qt. beef broth 1 bouillon cube $\frac{1}{2}$ tsp. pepper $\frac{1}{2}$ tsp. sugar 1 tsp. salt	
4. Cook slowly for 45 minutes.		
5. Turn into individual soup tureens.		
6. Place.....	6 slices toast Sprinkled with..... Grated Parmesan cheese	
7. Place under broiler to brown cheese for about 5 min.		
8. Serve very hot.		

Russian Sour Cream Soup

SERVES 8	THRIFT COOKER	TIME 3 HRS. 20 MIN.
1. Cube.....	1 lb. beef	
2. Add.....	{ 1½ qts. water 1½ tsp. salt	
3. Cut fine and add..	{ 1 onion 2 tbsp. parsley 1 bay leaf	
4. Cook slowly on low until meat is very tender—about 3 hours.		
5. Add.....	2 beets shredded	
6. Cook another 20 minutes.		
7. Cube and steam.....	4 medium potatoes	
8. Add to soup.....	1 cup sour cream	
9. Pour hot soup over steamed potatoes.		

Black Bean Soup

SERVES 8	THRIFT COOKER	TIME 3 to 4 HRS.
1. Wash, soak over night.....	2 cups black beans	
2. Fry.....	1 sliced onion	
3. In.....	3 tbsp. butter	
4. Drain beans.		
5. Add.....	2 qts. cold water	
6. Dice and add.....	2 stalks celery	
7. Add onion and simmer until beans are tender.		
8. Put through a sieve.		
9. Mix.....	{ 2 tbsp. butter 1½ tbsp. flour $\frac{1}{4}$ tsp. mustard $\frac{1}{8}$ tsp. pepper Dash cayenne $\frac{3}{4}$ tsp. salt	
10. Add a small amount of soup mixture, stirring constantly until smooth.		
11. Combine with remaining soup mixture.		
12. Reheat to boiling.		
13. Dice.....	2 hard-cooked eggs	
14. Add.....	1 tbsp. lemon juice	
15. Serve each portion { Hard-cooked egg of soup with..... { 1 slice lemon		

Fruit Soup

SERVES 8	SAUCEPAN	TIME 15 MIN.
1. Mix.....	{ $\frac{1}{2}$ cup granulated tapioca 6 cups water $\frac{1}{2}$ cup currant juice	
2. Cook, stirring constantly, until tapioca is transparent.		
3. Add.....	{ 2 cups raspberries Sugar to taste	
4. Serve hot or cold.		

Turkey Soup

SERVES 8	THRIFT COOKER	TIME 6 to 8 HRS.
1. Place into kettle.....	Bones and trimmings of turkey	
	{ 1 large onion 2 carrots 1 cup diced celery 2 tbsp. minced parsley $\frac{1}{4}$ tsp. mace 1 tsp. Worcester-shire sauce 3 qts. water	
2. Add.....		
3. Cook on low heat, then strain.		
4. Add.....	{ $\frac{1}{2}$ tsp. lemon rind Salt and pepper to taste	

Cheese and Egg Dishes

Puffy Egg Omelet

SERVES 6	SKILLET	TIME 8 to 12 MIN.
1. Melt.....	2 tsp. butter	
2. Cover, turn to low and heat pan for 5 min.		
3. Beat.....	4 egg yolks	
	{ 3 tbsp. milk 1/2 tsp. baking powder 3/4 tsp. salt	
4. Add.....		
5. Mix well.		
6. Beat until stiff.....	4 egg whites	
7. Fold in carefully.....	Egg yolk mixture	
8. Pour in skillet, cover, and cook 5 min. on low heat.		
9. Remove cover and cook 6 to 8 min.		
10. Cut through center, fold over and serve on hot plate.		
11. Garnish with.....	Jelly, fruit or watercress	

Omelet Variations

Spanish Omelet: After the omelet is on the plate, pour over a sauce made of tomatoes, green peppers, salt, butter and pepper. Garnish with parsley.

Mushroom Omelet: Sauté 1 cup of fresh or canned mushrooms in butter. Season with salt, pepper and bit of mace.

Ham Omelet: When the omelet is cooked one-half the required time, sprinkle minced ham or dried beef over the omelet. Continue cooking. Fold and serve.

Chicken Liver Omelet. Chop chicken livers. Sauté in butter. Season with salt, pepper and Worcestershire. Pour over the omelet just before serving.

Cheese Omelet: Just before folding the omelet, sprinkle with $\frac{1}{2}$ cup of grated cheese.

Parsley Omelet: Add 2 tbsp. minced parsley when folding in egg whites.

Shrimp Omelet: Serve sautéed shrimps around the omelet and garnish with lemon and watercress.

Delicious Scrambled Eggs

SERVES 6	SKILLET	TIME 5 to 8 MIN.
1. Heat in skillet.....	3/4 cup top milk	
2. Add.....	4 tbsp. butter	
3. Cook on high heat.		
4. Beat with a fork.....	6 eggs	
5. Add.....	{ 1 tsp. salt 1/8 tsp. pepper	
6. Turn eggs into pan with scalded milk.		
7. Cook, stirring frequently until set on low heat.		
8. Garnish with paprika.		

Scrambled Egg Variation

Savory Scrambled Eggs. Add $\frac{1}{2}$ tsp. onion juice, 2 tbsp. Worcestershire sauce and 2 tbsp. minced green peppers the last minute. May add odds and ends of cooked meat or vegetable.

Steamed Eggs

SAUCEPAN	TIME 3 to 25 MIN.
----------	-------------------

1. Place in saucepan desired number of...Eggs
2. Add..... $\frac{1}{2}$ cup water
3. Cook on high heat until steaming (3 to 5 min.). Turn heat off and steam eggs without removing cover (3-5 min.).

Hard Cooked Eggs. Steam 25 min.

NOTE: If eggs are taken from the electric refrigerator, allow 3 to 5 minutes longer cooking period.

Eggs a la Goldenrod

SERVES 6	SAUCEPAN	TIME 15 to 20 MIN.
----------	----------	--------------------

1. Separate yolks from whites of.....2 hard-cooked eggs
2. Chop whites very fine.
3. Add to..... $\begin{cases} 2 \text{ cups thin white sauce} \\ \text{Salt and pepper} \\ \text{Paprika} \end{cases}$
4. Arrange on platter...6 slices toast
5. Pour over.....White sauce mixture
6. Press through sieve...Egg yolks
7. Scatter over top, cut into triangles.....2 slices of toast—per serving
8. Arrange on platter and garnish with....Parsley

Deviled Eggs

1. Cut in half lengthwise.....6 hard-cooked eggs
2. Mash.....Egg yolks
3. Add..... $\begin{cases} 1 \text{ tsp. vinegar} \\ 2 \text{ tbsp. mayonnaise} \\ 1/2 \text{ tsp. mustard} \\ 1 \text{ tbsp. pickle relish} \\ \text{Salt and pepper} \end{cases}$
4. Mix well.
5. Refill egg whites.
6. Chill, when ready to serve garnish with parsley and paprika.

Cheese and Egg Dishes

Shirred Eggs

EGG DISHES TEMP. 400° TIME 20 to 25 MIN.

1. Butter egg dishes.
2. Add 1 tsp. milk
3. Carefully pour egg into dishes.
4. Add { $\frac{1}{2}$ tsp. butter
Salt and paprika }
5. Sprinkle with Bread crumbs
6. Bake.

Variations

Shirred Eggs with Cheese. Sprinkle with grated cheese and bake.

Shirred Eggs with Mushrooms. Arrange 1 tbsp. sauted mushrooms on top of each egg.

Shirred Eggs with Deviled Ham. Place 1 tbsp. deviled or minced ham in bottom of cup. Carefully add the egg and bake.

Cheese Strata

OBLONG BAKING DISH

SERVES 6 TEMP. 325° TIME 1 to 1½ HRS.

1. Trim crust from 12 slices of bread
2. Arrange 6 slices in bottom of buttered baking dish.
3. Slice $\frac{1}{4}$ lb. American cheese
4. Place on bread, cover with remaining bread.
5. Beat slightly 4 eggs
6. Add { $2\frac{1}{2}$ cups milk
 $\frac{2}{3}$ tsp. salt
 $\frac{1}{8}$ tsp. pepper }
7. Pour over bread.
8. Chill thoroughly in refrigerator to make the "strata" puff like a souffle.
9. Bake and serve at once.

Cheese and Noodles

SERVES 6 CASSEROLE TEMP. 375° TIME 30 MIN.

1. Butter a casserole and alternate layers of 3 cups cooked noodles
{ 1 cup grated cheese
1 cup tomato juice
2 tbsp. grated onion
1 tbsp. parsley
Salt and pepper }
2. Combine Grated cheese
3. Pour over noodles and sprinkle with Grated cheese
4. Bake.

Welsh Rarebit

SERVES 6 SKILLET TIME 8 to 10 MIN.

1. Melt in skillet 2 tbsp. butter
2. Add 2 tbsp. flour
3. Blend well.
4. Turn to low heat.
5. Beat 2 eggs
6. Add { 1 cup milk or beer
2 cups cheese, cut in cubes }
7. Add to first mixture, continue cooking, stirring until cheese melts and mixture thickens (8 to 10 min.).
8. Add { $\frac{1}{2}$ tsp. dry mustard
1 tbsp. Worcester-shire sauce
 $\frac{1}{8}$ tsp. cayenne }
9. Mix thoroughly.
10. Serve on crisp Melba toast or crackers

Macaroni and Cheese

SERVES 6 TEMPERATURE 375° TIME 45 MIN.

1. Steam 4 cups cooked macaroni
2. Beat 2 eggs
3. Add { 2 cups milk
1 tbsp. grated onion
 $\frac{1}{4}$ tsp. pepper
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ lb. grated snappy cheese }
4. Combine with Macaroni
Pour into buttered casserole.
5. Cover with $\frac{1}{2}$ cup buttered bread crumbs
6. Bake.

Cheese Souffle

SERVES 6 CASSEROLE TEMP. 325° TIME 1-1½ HRS.

1. Make a white sauce of { 1 cup milk
3 tbsp. butter
3 tbsp. flour
 $\frac{1}{2}$ tsp. salt }
2. Add { 3 egg yolks
1 cup grated cheese }
3. Cook until cheese melts. Cool slightly.
4. Beat stiff 3 egg whites
5. Fold into cheese mixture and pour into buttered casserole.
6. Bake.
7. Serve with Tomato sauce
8. Garnish with Watercress

Vegetable Cookery

General Directions for Cooking All Green Vegetables

All fresh vegetables or fruits may be cooked by this method. Strong flavored vegetables (onions, cauliflower, etc.) are cooked the same method:

1. Select fresh vegetable, peel or scrape vegetable and cut into uniform pieces.
2. Place in saucepan, add $\frac{1}{2}$ to $\frac{2}{3}$ cups of water, salt to season. Cover.
3. Cook on high heat until food steams (8 to 10 minutes). Then turn to low for 25 minutes. **Do not** remove cover during the last 25 minutes unless otherwise specified.
4. Total time of cooking 20 to 45 minutes—time depends upon the vegetable or fruit being cooked.
5. Serve with butter sauce, cream sauce, or parsley butter.

Dried Vegetables

1. Wash vegetable thoroughly and place in saucepan.
2. Add 4 to 5 cups of water to each pound of vegetable, add salt and seasoning as desired. Cover.
3. Cook on low heat 2 to 3 hours.

Butter Steamed Vegetables

Vegetables such as asparagus, Brussels sprouts, carrots, slivered beets, peas, potatoes diced may be cooked by adding 2 tbsp. butter and 4 tbsp. water to vegetables. Cover, cook on medium heat from 25 to 45 minutes.

Escalloped Tomatoes

SERVES 6 CASSEROLE TEMP. 400° TIME 20 to 30 MIN.

1. To..... 3 cups tomatoes

Add.....	$\frac{1}{2}$ green pepper— shredded 1 tsp. salt $\frac{1}{4}$ tsp. pepper 1 tsp. sugar 1½ tsp. grated onion
----------	---
2. Place layer of bread crumbs in bottom of greased baking dish.
3. Add half the tomatoes, some bits of butter, more crumbs, and remaining tomatoes.
4. Sprinkle top thickly with crumbs and dot with butter using . . .

$\frac{3}{4}$ tbsp. butter with crumbs and dot with butter using . . .	2 cups bread crumbs
--	------------------------
5. Bake uncovered until tomatoes are heated through and crumbs are brown.

Steamed Green Asparagus with Egg

- | SERVES 6 | SAUCEPAN | TIME 25 MIN. |
|--|--|--------------|
| 1. Wash and trim off tough ends of..... | 2 lbs. asparagus | |
| 2. Cut in 4 to 5 inch lengths and tie with thread (this makes it possible to remove easily). | | |
| 3. Place in center of pan. | | |
| 4. Wash thoroughly and place on either side of asparagus | 4 eggs | |
| 5. Add..... | $\frac{1}{2}$ cup water
Salt | |
| 6. Cover. Cook on high heat until steaming. Turn heat low and steam without removing, cover 15-20 min. | | |
| 7. Garnish with..... | Hard-cooked egg,
lemon butter,
anchovy sauce | |

Sweet Potatoes and Corn

1. Wash..... 4 medium sweet potatoes
 2. Add..... $\frac{1}{2}$ cup water
 3. Cook on high heat until steaming, then turn low, cook until tender—about 30 minutes. Drain and peel potatoes.
 4. Melt in skillet..... 4 tbsp. butter
 5. Add.....
- | | |
|----------|--|
| Add..... | Diced potatoes
1 cup kernel corn
1 tbsp. chopped pimento |
|----------|--|
6. Cook on medium heat about 10 minutes.

Egg Plant and Mushrooms

1. Peel and dice..... 1 medium egg plant
2. Melt in skillet..... $\frac{1}{2}$ cup butter
3. Add egg plant and cover.
4. Cook on high heat until steaming, then to low for 10 minutes.
5. Remove cover and add..... 1 cup sliced mushrooms
6. Cover and steam 10 minutes longer.



Vegetable Cookery

Vegetables Suitable for Oven Cooking

Potatoes	Onions
Carrots	Beans
Turnips	Lima beans
Parsnips	Squash
Corn cut from cob	Tomatoes

1. Prepare vegetable, cutting into uniform pieces.
2. Place in utensil, add $\frac{1}{2}$ to $\frac{2}{3}$ cup of water, add salt and butter. Cover.
3. Cook in the oven—time 1 to 3 hours—temperature 325° to 400° .
4. The lower the temperature the longer the cooking time.

NOTE: Green peas, asparagus, cauliflower, cabbage, etc., are best cooked on the surface unit for a short time.

Oven Steamed Vegetables

Vegetables may be steamed in the oven at the same time the meat and dessert is cooked. They will require from 1 to 3 hours cooking time and should be cooked in a covered utensil.

Baked Potatoes

TEMP. 350° to 425°

TIME 1 to 3 HRS.

1. Wash and scrub thoroughly..... **Medium sized potatoes**
2. Rub lightly with fat.
(If baking with oven dinner use 350° for longer time.)
3. Cut a cross in center, break open.
4. Add **Butter, paprika**

Stuffed Baked Potatoes

SERVES 6 TEMPERATURE 400° TIME 10 MIN.

1. Bake..... **6 potatoes**
2. Slice off tops lengthwise, remove potato pulp with spoon.
3. Add..... **{ 2 tbsp. butter
4 tbsp. hot milk
Salt and pepper**
4. Beat until fluffy. Pile into potato shells.
5. Sprinkle with..... **Grated cheese,
minced parsley**
6. Place under broiler until golden brown.
7. Potatoes can be prepared in advance and stand in refrigerator until ready to broil.

Escalloped Potatoes

SERVES 6 CASSEROLE TEMP. 350° TIME $1\frac{1}{2}$ -2 HRS.

1. Pare and slice **6 to 8 potatoes**
2. Arrange layer in bottom of dish. Dot with butter and sprinkle with flour, salt and pepper. Repeat until dish is $\frac{3}{4}$ full—using **{ 3 tbsp. flour
6 tbsp. butter
Salt and pepper**
3. Pour over potatoes.... **1 pt. milk**
4. Dot with..... **Butter**
5. Cover and bake. Remove cover the last 30 mins.
6. Garnish with..... **Paprika**

Corn Pudding

SERVES 6 CASSEROLE TEMP. 325° TIME 1 HR.

1. Beat slightly..... **3 eggs**
2. Add..... **{ 2 cups milk
2 tbsp. sugar
1 tsp. salt**
3. Combine **2 cups corn (cream style)**
- With..... **{ 2 tbsp. butter
1 tbsp. minced onion
 $\frac{1}{4}$ cup minced green pepper
1 minced pimento**
4. Add to milk mixture. Mix well.
5. Turn into buttered casserole and bake.

Vegetable Souffle

CASSEROLE

SERVES 6 TEMP. 375° TIME 45 MIN. to 1 HR.

1. Combine **{ 2 cups cooked vegetables (chopped), (corn, carrots, beans, greens, or cabbage)**
- With..... **1 cup thick white sauce**
2. Add..... **{ 3 egg yolks
4 tbsp. butter
Salt and pepper
 $\frac{1}{8}$ tsp. nutmeg**
3. Beat until stiff..... **3 egg whites**
4. Fold into vegetable mixture.
5. Turn into buttered casserole and
6. Sprinkle with..... **Buttered crumbs**
7. Bake and serve immediately.

Cereal Cookery

Oven Cooked Cereal

CASSEROLE SERVES 6 TEMP. 300° to 375° TIME 1-2 HRS.

1. Place in baking dish..... 1 cup cereal
 2. Add..... { $\frac{1}{4}$ tsp. salt
2 to 3 cups water
 3. Cover. Place in oven, set automatic timer for 1 to 2 hrs.
 4. Turn switch to BAKE, and cook required time.
- NOTE: Cereal may be placed in oven with coffee cake and water for the coffee (temperature 375° for 1 hr.) the night before and at the desired time your breakfast will be cooked to perfection.

Steamed Breakfast Cereal

SERVES 6 SAUCEPAN TIME 30 MIN. to 1 HR.

1. Place in saucepan. { 1 cup cereal (oatmeal, rolled oats, Ralston, Wheatena, hominy, grits, etc.)
2. Add..... { 1 tsp. salt
3 to 4 cups boiling water
3. Cover.
4. Cook on low heat. Time of cooking varies according to cereal cooked and individual taste.

Steamed Fluffy Rice

SERVES 6 SAUCEPAN TIME 25-30 MIN.

1. Wash thoroughly.... 1 cup rice
2. Place in saucepan, { 2 cups cold water
add..... { 1 tsp. salt
1 tsp. butter
3. Cover. Cook on high heat until steaming (8 to 10 min.).
4. As soon as rice is steaming, stir with a fork, cover and turn to low heat. Steam without removing cover for 20-25 minutes.

Raw Rice Pudding

SERVES 8 CASSEROLE TEMP. 350° TIME 3 HRS.

1. Wash thoroughly.... $\frac{1}{2}$ cup uncooked rice
2. Add..... { $\frac{1}{2}$ cup sugar
 $\frac{1}{2}$ cup raisins
Rind of 1 lemon
1 qt. milk
1 tsp. salt
3. Bake in well greased casserole uncovered.

Rice Variations

Creamy Rice Pudding with Dates: Use two cups of cold milk in place of water, add $\frac{1}{4}$ cup sugar, $\frac{1}{2}$ tsp. salt, 1 tbsp. butter, $\frac{1}{2}$ tsp. vanilla. Cook the same as fluffy rice. Serve garnished with dates, dash of nutmeg and cream.

Tomato Rice: Use 2 cups of cold tomato juice, add 2 tbsp. of grated onion, 2 tbsp. butter and 1 tsp. of Worcestershire sauce. Brown the onion and butter together, if desired. Serve garnished with minced parsley.

Rice with Giblets: Cook giblets (cut up) in 4 cups water, add one onion cut fine, 2 tsp. butter and 1 tbsp. minced parsley. After 1 hour add 1 cup of washed rice. Continue to cook 30 to 45 minutes.

Savory Pimento Rice: Use 2 cups of chicken broth, add 1 pimento cut fine, $\frac{1}{2}$ lb. fresh mushrooms, saute 5 minutes in butter, salt and pepper to season. When ready to serve garnish top with thinly sliced chicken and toasted almonds.

Rice Cooked in Milk: Use milk in place of water and serve as a breakfast cereal.

Steamed Macaroni, Spaghetti or Noodles

SERVES 6 SAUCEPAN TIME 20 to 30 MIN.

1. Break cereal into 2 inch pieces, wash thoroughly and place in saucepan { $\frac{1}{2}$ box cereal
2. Add..... { 2 to 3 cups water or milk
1 tsp. salt
Bud of garlic, if desired
3. Cover. Cook on high heat 8-10 min. When steaming turn to low heat and stir with fork. Cover and steam without removing cover, 30 min.

NOTE: To cook spaghetti in long pieces use 6 cups of water and stick the ends into the boiling water, gradually curl the spaghetti into the pan, using a long fork. Cover and steam 5 minutes, drain off most of the water and steam 20 minutes on low heat.

Deep Fat Frying

Foundation Recipe for Fritters

Yield 6 Fritters

DEEP FAT FRYER TEMP. 380° TIME 3 to 5 MIN.

1. Beat together

2 eggs
2/3 cup milk
1 tsp. salt
1 tsp. melted butter
2. Sift together

1 cup flour
1 tsp. baking powder
3. Add to first mixture and mix thoroughly.
4. Add variations desired and fry 3-5 minutes.

NOTE: This batter may be stored in refrigerator in covered bowl and used as desired.

Spanish Cream Puffs

Yield, 6 Med. Sized Puffs

DEEP FAT FRYER TEMP. 400° TIME 10 MIN.

1. Put in a saucepan 4 tbsp. butter
2. Add 1 cup water
3. Gradually add

1 cup 3 tbsp. flour
1/4 tsp. salt
4. Place on Range on high heat.
5. Stir until mixture leaves sides of pan.
6. Remove pan from range and cool 10 minutes.
7. Put into mixer bowl and add, one at a time 3 eggs
8. Beat.
9. Put in Deep Fat Fryer 2 to 3 lbs. vegetable fat
10. Heat to 400°. Turn to low heat. Drop a tablespoon of above mixture into fat. Fry for 10 minutes.

NOTE: They turn themselves. Fry until triple in size and golden brown. Place on absorbent paper to dry. Fill with Spanish Cream Puff Filling.

Filling for Spanish Cream Puffs

1. Whip 1 cup whipping cream
2. Add

5 tbsp. sugar
1 tsp. vanilla

Variation

Spanish Puffs may be filled with ice cream and placed in the Super Freezer for 1 hour.

Doughnuts

Yield, 24 Med. Sized Doughnuts

DEEP FAT FRYER

TEMPERATURE 380°

1. Beat together

1 Egg
3/4 cup sugar
3/4 cup milk
2 tbsp. melted shortening
2. Sift together

3 cups flour
3 tsp. baking powder
1/2 tsp. cinnamon
1/4 tsp. nutmeg
3. Add to first mixture. If batter is too soft to handle, add more flour. Chill dough thoroughly, turn out on floured board, roll 1/4 inch thick. Cut with doughnut cutter and fry about 4 to 5 min.
4. Drain on paper and roll in sugar.

French Toast

Yield, 6 Slices

DEEP FAT FRYER

TEMP. 380°

1. Beat together

2 eggs
1/4 cup milk
1/4 tsp. salt
1 tbsp. sugar
2. Slice and trim 6 slices bread
3. Dip bread in egg mixture, fry until brown. Serve hot with powdered sugar, jelly, marmalade or syrup.

French Fried Onions

1. Peel and cut onions in 1/4 inch slices and separate into circles.
2. Salt and pepper—soak in milk to cover and drain, then dip into flour or bread crumbs.
3. Fry in hot fat (390°) until a golden brown.
4. Shake onto a sheet of paper to absorb any fat.

French Fried Potatoes

1. Wash and pare potatoes (Sweet or Irish) cut into length 1/8 to 1/4 inch thick, dry thoroughly.
2. Cook in warm fat (325°) until tender but not brown. Remove from fat, spread on paper and allow to cool.
3. Reheat fat to 390°, add cooled potatoes and cook until a golden brown.
4. Shake onto a sheet of paper to absorb any fat. Sprinkle with salt and serve hot.

Gravies and Sauces

Basic White Sauce

	Butter	Flour	Salt	Milk
Thin.....	1 tbsp.	1 tbsp.	1/2 tsp.	1 cup
Medium....	2 tbsp.	2 tbsp.	1/2 tsp.	1 cup
Thick.....	4 tbsp.	4 tbsp.	1/2 tsp.	1 cup

1. Place the saucepan on the range, add the butter.
2. Turn to high heat. As the butter melts, gradually add the flour.
3. When well mixed, add the milk and salt.
4. Cook, stirring until it begins to thicken. Turn to low heat and continue to cook, until thickened, stirring constantly.

White Sauce Variations

1. **Lobster or Shrimp:** Add to the basic recipe for medium sauce, the juice of $\frac{1}{2}$ lemon, 1 tsp. Worcestershire sauce, 1 cup minced shrimp or lobster.
2. **Parsley Sauce:** To the basic recipe for medium white sauce add 2 tbsp. minced parsley.
3. **Cheese Sauce:** To the basic recipe for medium white sauce add $\frac{1}{2}$ cup grated cheese, $\frac{1}{2}$ tsp. Worcestershire sauce and 1 tsp. of lemon juice.
4. **Horseradish Sauce:** To the basic medium white sauce add 1 tsp. minced onion, 1 tsp. minced parsley, $\frac{1}{4}$ cup grated horseradish and 2 tsp. vinegar.

Hollandaise Sauce

SERVES 4 SAUCEPAN TIME 8 to 10 MIN.

1. Melt on low heat..... $\frac{1}{2}$ cup butter (wash butter in cold water)
2. Add..... { Juice of $\frac{1}{2}$ lemon
3 egg yolks
3. Beat constantly with rotary egg beater until mixture begins to thicken.
4. Add..... $\frac{1}{2}$ cup boiling water
5. Continue beating until thick, season with cayenne pepper. Serve immediately.

Lemon Anchovy Sauce

MIXING BOWL TIME 2 to 3 MIN.

1. Cream together... { $\frac{1}{4}$ cup butter and
1 tsp. lemon juice
2. Add..... 1 $\frac{1}{2}$ tbsp. anchovy paste
3. Serve on fish or green vegetables.

Barbecue Sauce

SKILLET

SERVES 12

- | | |
|---------------------------------|---|
| 1 medium size bot- | { |
| tle chili sauce | |
| 1 medium size | |
| bottle catsup | |
| $\frac{1}{2}$ bottle Worcester- | |
| shire sauce | |
| $\frac{1}{2}$ bottle A-1 sauce | |
| Juice 1 lemon | |
| 1 onion chopped | |
| 1 tsp. salt | |
- 1 tsp. pepper
Cayenne pepper
Paprika
1 Bud Garlic

1. Place in skillet.....
2. Let cook on low heat $\frac{1}{2}$ hour.
3. Remove and use to baste spareribs, chicken, turkey or as a regular meat sauce.

Basic Brown Sauce

SAUCEPAN

TIME 8 to 10 MIN.

1. Melt in saucepan..... 3 tbsp. butter
2. Add..... 5 tbsp. flour
3. Stir until flour browns.
4. Add gradually..... { $\frac{1}{2}$ cup stock or water
Salt and pepper
5. Cook on low heat 15 min.

Basic Brown Sauce Variations

1. **Mushroom Sauce for Meats:** Add $\frac{1}{2}$ lb. sauted mushrooms to the basic recipe.
2. **Currant Jelly Sauce:** To the basic recipe for brown sauce, add $\frac{1}{3}$ cup of currant jelly and 1 tsp. lemon juice. Heat until jelly melts.

Giblet Gravy

SKILLET

TIME 10-12 MIN.

1. Put in skillet about.... 1 cup turkey or chicken drippings
2. Add..... $\frac{1}{2}$ cup flour
3. Stir constantly on high heat.
4. Add gradually.... { 3 cups liquid (water or stock)
Chopped liver and gizzards
5. Add..... { 2 hard boiled eggs
1 tbsp. meat sauce
Salt and pepper

Cook on low heat until thick about 10 min.

One Dish Meals

Italian Meat Balls and Spaghetti

SERVES 8	SKILLET	TIME 1 HR.
1. Season.....	$\begin{cases} \frac{1}{2} \text{ lb. ground beef} \\ \frac{1}{2} \text{ lb. ground veal} \\ \frac{1}{2} \text{ cup bread crumbs} \\ \text{soaked in} \\ \frac{1}{2} \text{ cup hot milk} \\ \text{Salt and pepper to} \\ \text{taste} \\ 1 \text{ tbsp. grated Par-} \\ \text{mesan cheese} \\ 1 \text{ tsp. grated onion} \\ 1 \text{ clove garlic} \end{cases}$	
2. Add.....		
3. Form into small meat balls.		
4. In skillet melt.....	$\frac{1}{4}$ cup butter	
	Brown meat balls in butter.	
5. Add.....	$\begin{cases} 1 \text{ onion cut fine} \\ 1 \text{ green pepper sliced} \\ 1 \text{ cup celery chopped} \end{cases}$	
	Cook on high heat for 5 min.	
6. Add.....	$\begin{cases} 3 \text{ cups tomatoes} \\ 2 \text{ tbsp. Worcester-} \\ \text{shire sauce} \end{cases}$	
7. Over the top place.....	$\frac{1}{2}$ box fine uncooked spaghetti	
8. Use a fork to immerse spaghetti in liquid. Place lid on skillet. Bring to steaming point, turn to low heat and finish cooking.		
9. Turn out on large platter. Sprinkle with Parmesan cheese and serve.		

Carrot Rolls

SERVES 6	SKILLET	TIME 1-1/4 HRS.
1. Cut into strips of a length to wrap around a whole carrot once.....	$1\frac{1}{2}$ lbs. round steak	
2. Season with.....	Salt and pepper	
3. Roll in.....	Flour	
4. Wrap strip of steak on 1 small tender carrot		
5. Skewer steak together with toothpicks.		
6. Put in skillet.....	2 tbsp. shortening	
7. When hot, add.....	Carrot rolls	
8. Brown on one side, turn.		
9. Add.....	1 small can mushrooms with liquid	
10. Add.....	6 potatoes, peeled	
	Cover skillet and turn to high heat until steaming freely, then turn to low heat until done.	

Chicken-Spanish Style

SERVES 8	SKILLET	TIME 1-1/4 HRS.
1. Roll in flour and seasoning	2 chickens quar- tered for frying	
2. Brown in skillet in.....	Shortening	
3. Add.....	$\begin{cases} 4 \text{ med. tomatoes,} \\ \text{quartered} \\ 5 \text{ med. potatoes,} \\ \text{quartered} \\ 2 \text{ cups fresh peas} \\ 8 \text{ small onions} \end{cases}$	
4. Cook on high heat, and when steaming freely, turn to low heat for 1 hr. or until cooked.		

Macaroni and Liver

SERVES 8	SKILLET	TIME 1 HR.
1. Melt in frying pan.....	$\frac{3}{4}$ tbsp. fat	
2. Add and brown....	$\begin{cases} 1 \text{ lb. white onions} \\ \text{peeled and sliced} \\ 1 \text{ green pepper diced} \end{cases}$	
3. Add and brown lightly.....	1 lb. beef liver cut in small pieces	
4. Add	$\begin{cases} 3 \text{ cups tomato juice} \\ 1 \text{ cup tomato catsup} \\ \frac{1}{2} \text{ tsp. salt} \\ \text{Dash pepper} \end{cases}$	
5. Sprinkle over top....	2 cups uncooked macaroni	
6. Cover pan tightly. Leave on high heat until steam appears.		
7. Turn to low heat for 30 min. Do not remove cover once switch has been turned down.		
8. Cook until macaroni is done.		
9. Sprinkle over top with Parmesan cheese.		

Southern Gumbo

SERVES 8	SKILLET	TIME 1 HR.
1. Place in large skillet....	$\frac{1}{4}$ cup bacon dripping	
2. Add.....	1 large onion sliced	
3. Fry until brown.		
4. Add.....	$\begin{cases} 6 \text{ tomatoes} \\ 1 \text{ quart cut okra} \\ 1 \text{ cup boiling water} \\ \text{Salt and pepper} \end{cases}$	
5. Turn to high heat and when steaming cook on low heat 40 to 45 minutes.		
6. Serve with steamed rice. Mushrooms may be added to this if desired.		
NOTE: If canned Okra is used, drain liquid from Okra, and use only $\frac{1}{4}$ cup of boiling water.		

One Dish Meals

Veal Birds

SERVES 6	SKILLET	TIME 1-1/4 HRS.
1. Cut.....	2 lbs. veal steak in- to 4" cubes	
2. Grind.....	Trimming from veal steak 1/4 lb. salt pork 1 1/2 cups brown bread crumbs 1 tsp. salt 1/8 tsp. pepper 1 egg, beaten 2 tbsp. mayonnaise Dash of cayenne 1 tsp. Worcester- shire sauce	
3. Add and mix well..		
4. Spread on each piece of veal and fasten with skewers or toothpicks.		
5. Sprinkle with salt. Dredge with flour and brown in fat.		
6. Add 3/4 cup broth or hot water and simmer one hour in covered skillet.		

Veal Supreme

SERVES 6	SKILLET	TIME 40 MIN.
1. Cut in cubes.....	2 lbs. veal	
2. Dredge with.....	1/2 cup flour	
3. Brown in skillet with....	1/4 cup butter	
4. Season with.....	1 tsp. salt 1/2 tsp. pepper 1 tbsp. paprika 1 onion chopped 1 bud garlic 1 lb. fresh mushrooms 1/2 cup sherry wine 2 cups cream	
5. Add.....		
6. Cook on high heat until steaming. Turn to low heat for 40 minutes.		

Lamb Riblets with Vegetables

SERVES 6	SKILLET	TIME 1 HR. 15 MIN.
1. Cut into servings (riblets)	3 lbs. breast of lamb	
2. Season with.....	Salt and pepper	
3. Brown in skillet with... .	4 tbsp. shortening	
4. Add.....	1/4 cup vinegar 1/4 cup water	
5. Place on top of meat	1 can string beans 8 small onions 8 small carrots	
6. Cook on high heat and when steaming freely, turn to low heat for 60 minutes.		

Economy Dish

SERVES 8 to 10	SKILLET	TIME 60 MIN.
1. Put in a skillet.....	4 tbsp. fat	
2. Add and brown....	1 1/2 lb. ground beef 1/2 lb. ground pork 1/2 green pepper, chopped 1/2 large onion, chopped	
3. Add.....	1 cup diced carrots 1/2 cup diced celery 1/2 lb. broad noodles 1 can corn and juice 4 oz. can mush- rooms and liquid 1 can tomato soup 1/4 tsp. Worcester- shire sauce	
4. Season with.....	Salt and pepper	
5. Cover tightly—Cook on high heat.		
6. When steaming, turn to low heat for 45 minutes.		
7. This may be placed in a casserole after cook- ing and covered with 2 cups buttered bread crumbs and slipped under broiler until golden brown.		

Pork Chops with Sweet Potatoes and Pineapple

SERVES 6	SKILLET	TIME 1 HR.
1. Place in a skillet.....	4 tbsp. shortening	
2. Add and brown.....	6 thick pork chops	
3. Season with.....	Salt	
4. Peel.....	3 large sweet potatoes	
5. Cut in half and rub with.....	Lemon juice	
6. Place potatoes over meat.		
7. Add.....	6 slices pineapple	
8. Wash and remove pits from.....	12 large prunes	
9. Insert in prunes.....	12 cloves	
10. Add prunes and pour over.....	1 cup pineapple juice	
11. Cover—Cook on high heat, when steaming turn to low heat for 45 minutes.		

Thrift Cooker

Baked Beans with Cottage Ham

SERVES 10 THRIFT COOKER TIME 8 to 10 HRS.

- Wash and drain 2 lbs. dried white navy beans
- Place beans in Thrift Cooker kettle in insulated well, and
- Add
$$\begin{cases} \frac{1}{3} \text{ cup molasses} \\ \frac{1}{3} \text{ cup brown sugar} \\ 1 \text{ large onion} \\ 6 \text{ cups water} \\ 2 \text{ tsp. salt} \\ 3 \text{ slices salt pork} \\ 1 \text{ tsp. mustard} \end{cases}$$
- Over the beans place cooker trivet and on trivet place 1 cottage ham
- Place cover on cooker and turn switch to low position and cook 6 to 8 hrs. If a brown crust is desired on top of beans, remove from kettle to baking dish and place in oven $\frac{1}{2}$ hr.

New England Dinner

SERVES 6 THRIFT COOKER TIME 3 HRS.

- Wash and soak for 1 hr. 4 lbs. corned beef
- Cover with water. Drain off the water and place corned beef on rack in cooker kettle.
- Add
$$\begin{cases} 1 \text{ cup water} \\ 1 \text{ onion} \\ 2 \text{ bay leaves} \end{cases}$$
- Turn switch to first position until steaming, turn to low and cook 2 hrs.
- Place around meat.
$$\begin{cases} 6 \text{ medium unpeeled beets} \\ 6 \text{ carrots} \\ 6 \text{ potatoes} \\ \text{Season with salt} \end{cases}$$
- Place on top 1 head green cabbage quartered
- Turn switch to first position until steaming then to low and cook 35 min.
- Arrange corned beef and cabbage on platter, garnish with . . . Parsley and tomato flowers
- Serve other vegetables with Butter

Chili Con Carne

SERVES 8 THRIFT COOKER TIME 6 HRS.

- Melt in Thrift Cooker kettle $\frac{1}{4}$ cup suet
- Add 1 lb. ground beef and brown thoroughly
- Add
$$\begin{cases} 1 \text{ large onion sliced} \\ 1 \text{ bud garlic} \\ 1 \text{ green pepper sliced} \\ 4 \text{ cups tomatoes} \\ \text{Salt and pepper} \\ 2 \text{ tbsp. Chili powder} \end{cases}$$
- Add 1 lb. Mexican or Red kidney beans that have been washed and soaked about 4 hrs.
- Turn Thrift Cooker switch to low position and cook 6 hrs.
- Serve with fluffy rice.

Russian Sauerkraut

SERVES 10 THRIFT COOKER TIME 1½ HRS.

- Cut in cubes
$$\begin{cases} 1 \text{ lb. veal} \\ 1 \text{ lb. pork} \end{cases}$$
- Brown in Thrift Cooker with 2 tbsp. fat
- Switch on first position Season
- Add, chopped
$$\begin{cases} 4 \text{ onions (medium size)} \\ 3 \text{ green peppers} \\ 4 \text{ fresh tomatoes, peeled} \end{cases}$$
- Add
$$\begin{cases} 1\frac{1}{2} \text{ lbs. sauerkraut} \\ 1 \text{ pint thick sour cream} \end{cases}$$
- When steaming freely, turn switch to low.

Lamb Shanks with Vegetables

SERVES 6 THRIFT COOKER TIME 1½ HRS.

- Cut into servings 4 lamb shanks
- Season with Salt and pepper
- Brown in 4 tbsp. fat
- Place in Thrift Cooker with switch in first position.
- Place over these
$$\begin{cases} 4 \text{ peeled potatoes} \\ 6 \text{ peeled carrots} \end{cases}$$
- Place rack over this and in the pudding pan, put
$$\begin{cases} 1 \text{ lb. fresh peas} \\ 4 \text{ tbsp. butter} \end{cases}$$
- And place on rack.
- When steaming freely, turn switch to low and steam.

Poultry

Roast Chicken

SHALLOW PAN TEMP. 325° TIME 30 to 35 MIN.
PER LB.

1. Prepare for roasting... 4 to 5 lb. roasting chicken
2. Rub inside and out with..... Salt
3. Stuff with..... Dressing
4. Fasten securely and brush with..... Melted butter
5. Bake.

Onion-Celery Dressing

1. Mix..... { 6 cups toasted bread crumbs
½ cup minced onion
1 tsp. poultry seasoning
1 cup minced celery
Salt and pepper to taste
½ cup melted butter
Hot broth or water
2. Moisten with.....

Roast Duck with Apple Stuffing

SHALLOW PAN TEMP. 325° TIME 30 MIN. PER LB.

1. Prepare for roasting... 4 to 5 lb. duck
2. Rub inside and out with..... Salt
3. Mix together..... { 3 cups whole wheat bread crumbs
1 tbsp. onion
3 cups apples diced
1 tsp. poultry seasoning
4. Moisten with..... Hot water
5. Brush inside and out with..... Melted butter
6. Bake.

Savory Dressing

1. Roll into crumbs..... 8 to 10 cups stale bread
{ ½ tsp. thyme
1 tsp. poultry seasoning
2. Add..... { ½ cup minced onion
1 cup celery cut fine
½ cup melted butter
2 eggs, beaten
3. Moisten with..... 1 cup broth

Roast Turkey

SHALLOW PAN TEMP. 300° to 325° TIME 15 to 18 MIN. PER LB.

1. Prepare for roasting... 12 to 15 lb. young turkey
2. Cook for broth..... Liver, gizzard, neck in 1 cup water
3. Stuff and fasten securely.
4. Brush with..... Melted butter
5. Season with..... Salt and pepper
6. Bake.

Roast Goose Potato Stuffing

SHALLOW PAN TEMP. 325° TIME 20 to 25 MIN.
PER LB.

1. Prepare for roasting... Goose
2. Rub inside and out with..... Salt
3. Mix..... { 4 cups mashed potatoes
3 cups toasted bread crumbs
4. Season with..... Salt
5. Add..... { ½ cup onion
1 tsp. poultry seasoning
¼ cup melted butter
6. Stuff goose, and fasten securely.
7. Brush with..... Melted butter

Roast Squab with Brown Rice Stuffing

SERVES 6 SHALLOW PAN TEMP. 425° for 10 Min.
325° for 1 Hr.

1. Put in pan..... ½ cup water
2. Add..... 1 tsp. salt
3. Chop and add..... 1 green pepper
4. Chop and add..... ¾ cup onion
5. Boil for five minutes—drain.
6. Add..... { 2 cups cooked brown rice
¼ tsp. marjoram
4 tbsp. minced parsley
6 squabs
7. Clean.....
8. Fill cavity and fasten securely.
9. Tie over breast..... Sliced bacon or pork
10. Brush with..... Melted butter
11. Bake.



Meat Cookery

Rib Roast of Beef

SHALLOW PAN TEMP. 350° TIME 22 to 35 MIN. PER LB.

1. Wipe with a damp cloth..... 2 to 4 lb. standing roast beef
2. Brush meat with..... Soft butter
3. Season..... Salt
4. Place in cold oven and bake.

Roast Leg of Lamb

SHALLOW PAN TEMP. 325° TIME 35 MIN. PER LB.

1. Wipe with a damp cloth..... Leg of lamb
2. Peel and cut..... 1 clove garlic
3. Rub garlic over meat.
4. Make a paste of... { 4 tbsp. butter
3 tbsp. flour
Salt and pepper
5. Spread paste over meat.
6. Add ¼ cup water
7. Bake.

Roast Veal

SHALLOW PAN TEMP. 325° TIME 35 MIN. PER LB.

1. Wipe with a damp cloth..... 4 lbs. veal roast
2. Cut four gashes on top and insert..... Sliced onion
3. Make a paste.... { 4 tbsp. butter
2 tbsp. flour
Salt and pepper
4. Place over top..... 4 slices salt pork, cut thin
5. Bake.

Baked Ham

SHALLOW PAN TEMP. 325° TIME 15 to 18 MIN. PER LB.

1. Select..... 12 to 15 lb. ham
2. Place ham in shallow pan fat side down and bake 15 min. per lb.
3. Remove ham, skin, and score.
4. Insert in scored fat... Whole cloves
5. Mix and spread over ham..... { 2 tsp. dry mustard
½ cup sugar
½ tsp. cinnamon
2 tbsp. vinegar
6. Return to oven. Set control at 400° and bake 15 min.

Crown Roast of Lamb

SHALLOW PAN TEMP. 325° TIME 35 MIN. PER LB.

1. Have the butcher prepare..... Crown roast of lamb
2. Cut into cubes..... Salt pork
3. Place salt pork cubes on exposed bone.
4. Last hour of baking { Mashed potatoes
Seasoning
Melted butter
fill center with.....
5. Sprinkle over top..... Buttered bread crumbs
6. Continue to bake 1 hr.
7. To serve replace pork cubes with..... Paper frills
8. Garnish with..... { Currant jelly
Garden peas

Roast Loin of Pork

SHALLOW PAN TEMP. 350° TIME 35 MIN. PER LB.

1. Wipe with a damp cloth..... Loin of pork
2. Mix..... { ½ tsp. dry mustard
Pepper and salt
2 tbsp. butter
Thyme, if desired
3. Score meat and spread over seasoning.
4. Bake.

Stuffed Shoulder of Veal or Pork

SERVES 8

SHALLOW PAN TEMP. 350° TIME 3½ HOURS

1. Have butcher remove bone from.... 5 lbs. veal or pork shoulder
2. Melt in skillet..... 4 tbsp. butter
3. Add..... { 3 tbsp. chopped celery
2 tbsp. grated onion
4. Cook several minutes.
5. Add..... { ¾ tsp. salt
¼ tsp. pepper
6. Add..... 4 cups fine bread crumbs
7. Dissolve..... 1 bouillon cube
8. In..... ½ cup water
9. Pour bouillon over mixture. Fill meat pocket with dressing. Fasten meat together with skewers or sew together with cord. Bake in an open pan.

Meats . . Dishes (oven)

Stuffed Pork Chops

CASSEROLE OR THRIFT COOKER

SERVES 6 TEMP. 350° TIME 1 1/4 HRS.

1. Have butcher cut a pocket in..... 6 rib pork chops 1 1/2 inch thick
2. Break into pieces..... 1 1/2 cup whole wheat bread
3. Moisten with..... 1/2 cup hot water

2 tbsp. minced celery
2 tbsp. minced onion
Salt and pepper
2 tbsp. butter
4. Add.....
5. Fill pocket and fasten securely.
6. Mix together..... 1/4 cup flour
1/2 tsp. mustard
7. Dip chops in flour mixture and brown in.....
8. Arrange chops in a casserole or on rack of Thrift Cooker adding..... 1 cup water
9. Cover and bake or steam. Veal or lamb may be used in place of pork.

Shortening

Braised Spareribs

SERVES 6 CASSEROLE TEMP. 350° TIME 2 HRS.

1. Place half of..... 3 lbs. spareribs In bottom of uncovered casserole.
2. Cover with..... 1 cup thinly sliced onion
3. Top with remaining spareribs.
4. Combine and pour over spareribs.....

3/4 cup vinegar
1 cup canned tomatoes
1 1/2 tsp. salt
1 tsp. pepper
1 tsp. dry or prepared mustard
2 tbsp. granulated sugar
5. Bake.

To glaze meat loaf—cook 1 cup Brown sugar, 1/2 cup water for 3 minutes, pour over meat loaf before baking.

To saute'd pork chops—last 5 minutes add 2 tbsp. Chili sauce and 1 tsp. Worcester-shire sauce.

Add 1 bud garlic to meat pies to improve flavor.

Garden Meat Loaf

SERVES 6 BREAD PAN TEMP. 375° TIME 1 1/4 HRS.

- | | | | | | | |
|---|--|-------------------|----------------------|-----------------------|-------------|-----------------|
| 1. Mix..... | <table border="0" style="margin-left: 20px;"> <tr><td>1 lb. ground beef</td></tr> <tr><td>1/2 lb. ground pork</td></tr> <tr><td>1/2 lb. ground veal</td></tr> <tr><td>2 tsp. salt</td></tr> <tr><td>1/2 tsp. pepper</td></tr> </table> | 1 lb. ground beef | 1/2 lb. ground pork | 1/2 lb. ground veal | 2 tsp. salt | 1/2 tsp. pepper |
| 1 lb. ground beef | | | | | | |
| 1/2 lb. ground pork | | | | | | |
| 1/2 lb. ground veal | | | | | | |
| 2 tsp. salt | | | | | | |
| 1/2 tsp. pepper | | | | | | |
| 2. Add..... | 1 cup bread crumbs | | | | | |
| 3. Brown..... | <table border="0" style="margin-left: 20px;"> <tr><td>1/4 cup butter</td></tr> <tr><td>1/2 cup minced onion</td></tr> <tr><td>1/2 cup minced celery</td></tr> </table> | 1/4 cup butter | 1/2 cup minced onion | 1/2 cup minced celery | | |
| 1/4 cup butter | | | | | | |
| 1/2 cup minced onion | | | | | | |
| 1/2 cup minced celery | | | | | | |
| 4. Add to meat mixture. | | | | | | |
| 5. Add and mix..... | <table border="0" style="margin-left: 20px;"> <tr><td>1/2 cup milk</td></tr> <tr><td>1 egg beaten</td></tr> </table> | 1/2 cup milk | 1 egg beaten | | | |
| 1/2 cup milk | | | | | | |
| 1 egg beaten | | | | | | |
| 6. Pack in a buttered pan or form into a loaf. | | | | | | |
| 7. Arrange over loaf last 1/2 hr. of baking time..... | 3 tomatoes (cut) in flowers) | | | | | |

Swiss Steak with Onions

SERVES 6 CASSEROLE TEMP. 325° TIME 2 HRS.

1. Wipe with a damp cloth..... 3 lbs. Swiss steak, 2" thick
2. Sift together.....
3. With a saucer or meat mallet, gradually beat the flour mixture into the steak until it is all absorbed.
4. Brown steak in..... 1/3 cup shortening
5. Rinse pan with..... 1 cup water and pour on steak.
6. Arrange on top of steak..... 2 cups sliced onions
7. Cover.
8. Serve with border of... Mashed potatoes
9. Garnish with..... Parsley

Ham and Noodle Casserole

SERVES 6 CASSEROLE TEMP. 325° TIME 1 HR.

1. Put through a food chopper.....
 2. Cut finely.....
 3. Add.....
 4. Bake.
- | |
|---------------------------|
| 1/2 lb. raw ham |
| 1/2 lb. American cheese |
| 1 green pepper |
| 6 oz. pkg. cooked noodles |
| 1 cup mushrooms |
| 1 cup tomato soup |

Meats . . Dishes (oven)

Fricassee of Chicken

CASSEROLE OR THRIFT COOKER

SERVES 6 TEMP. 350° TIME 1 1/4 HRS.

1. Prepare for cooking... 4 or 5 lb. chicken
2. Cut into pieces.
3. Season with..... Salt and pepper
4. Dip chicken in..... Top milk
5. Then dip in..... Flour
6. Brown.
7. Arrange in casserole or Thrift Cooker kettle on rack.
8. Add..... 1 cup broth
9. Cover and bake or steam.

Variations

May use Veal, Lamb, Rabbit, etc.

Baked Pork Sausage Patties and Apples

TEMP. 350°

TIME 1 HR.

1. Form into thin patties. 2 lbs. pork sausage meat
2. Peel and slice..... 6 large apples
3. Alternate sausage patties and apples in a casserole—have top layer patties.
4. Cover casserole for first 3/4 hour.
5. Remove cover to brown meat.
6. Use 2-qt. casserole.

Meat Pie

SERVES 6

CASSEROLE TEMP. 350°

TIME 1 1/2 HRS.

1. Cut into cubes..... 2 lbs. beef, lamb, or veal
2. Dip meat cubes in.... 3 tbsp. flour
3. Brown in..... 1/4 cup shortening
4. Place meat in a casserole.
5. Add..... { 2 onions diced
2 carrots diced
2 potatoes diced
1/2 tsp. pepper
1 1/2 tsp. salt
1/8 tsp. thyme
1 1/2 cups water
6. Cover and bake one hour.
7. Remove from oven and cover with..... Flaky pastry or baking powder biscuits
8. Return to oven and bake 1/2 hr.

Royal Steak with Bermuda Onion

SERVES 6 SHALLOW PAN TEMP. 350° TIME 1 HR.

1. Place in a pan..... 2 1/2 lbs. round steak cut 2" thick
2. Insert into meat..... 1 clove garlic, sliced
3. Cover with..... 1 bottle chili sauce
4. Season with..... Salt and pepper
5. Slice in 1/4" slices..... 1 Bermuda onion And place on top of meat.
6. Bake.

Spiced Ham with Apricot Flower

SERVES 6

SHALLOW PAN TEMP. 375° TIME 1 1/4 HRS.

1. Score fat on..... 2-1-inch slices of ham
2. Insert around edge.... 24 whole cloves
3. Drain..... 1 No. 2 1/2 can spiced apricots
4. Cut apricots in half and remove pits.
5. Place one slice of ham in a shallow pan, cover with apricot halves, reserving seven halves.
6. Top with second slice of ham and pour over..... 1/2 cup apricot syrup
7. Insert cloves in one apricot and place in center of ham.
8. Place remaining apricot halves around top, flower fashion.

Pineapple Meat Loaf

SERVES 6 2 LB. BREAD PAN TEMP. 350° TIME 1 HR.

1. Have ground together..... { 1 lb. beef
1/2 lb. pork
2. Add and mix thoroughly..... { 3/4 cup crushed pineapple
1 cup soft bread crumbs
1 egg
1 tsp. salt
1/4 tsp. pepper
3. Line bread pan with... 6 slices bacon
4. Fill with meat mixture and bake.

Meats and Fish . . Broiling

Broiled Steaks

BROILING PAN TIME According to thickness and doneness desired

Place steak on rack of broiler pan (do not pre-heat pan or oven). Broil, following broiling chart on page 67.

Broiled Chicken

BROILING PAN TIME Refer to Page 67

Select one broiler to serve two people. Cut in half or quarters. Brush cut side with butter, salt and pepper. Place broiler pan 6 inches from broiler unit, leave oven door ajar. Broil for 25 min., switch on broil, turn broilers and brush skin side with butter, salt and pepper. Broil 10 min. Close oven door and finish on stored heat, 10 to 20 min. according to size of broilers.

Broiled Meals

Any meat, chicken or fish may be used for broiler meals. Prepare the meat for broiling and cook half the required time, turn and arrange the vegetable or fruit on the rack and continue to cook until vegetable and fruits are browned and thoroughly heated.

Broiled Turkey

Select a young fat turkey about 8 to 10 lbs. dressed. Have butcher quarter turkey. Brush cut side turkey with butter. Salt and pepper. Place broiler pan second shelf position from the bottom, turn control to broil position. Leave door ajar. Broil for 30 minutes, turn turkey, brush skin side with butter, salt and pepper, broil 30 min. Turn turkey skin side down and turn switch off, close oven door and cook on stored heat for 30 min. Remove turkey, slice and serve with gravy. Very delicious.

Broiled Fillets and Steaks of Fish

1. Place on oiled broiler pan **Fillets or steaks**
2. Brush with **Butter or French dressing**
3. Season with **Salt and pepper**
4. Place under broiler, broil 12 to 18 min., depending on the thickness of steaks or fillets. (It is not necessary to turn during broiling.)

Broiled Fish

BROILING PAN

TIME Refer to Page 67

1. Place fish skin side up on heavily oiled rack, on broiler pan.
2. Place broiler pan beneath unit for 5 to 8 min., depending on thickness of the fish.
3. Use spatula or pancake turner to turn fish.
4. Season with **Salt and paprika**
5. Brush with **Blended melted butter and lemon juice or French dressing**
6. Replace beneath broiling unit, depending on thickness of fish—10-18 min.

Broiled Lobster

BROILING PAN

TIME Refer to Page 67

1. To handle a live lobster, grasp it firmly by the middle of the back, keeping the large claws away from you. In this way you can move it easily.
2. To prepare live broiled lobster, kill the fish by inserting a sharp knife at the junction of the tail and body to sever the spinal cord.
3. Then with a sharp knife split the lobster lengthwise, being careful not to open the stomach or "lady," which is a sac lying just back of the head. THIS IS IMPORTANT TO REMEMBER.
4. Remove the stomach and all of the intestinal canal which runs the entire length of the body and tail.
5. Crack the large claws and lay the opened lobster as flat as possible on the broiler pan.
6. Broil for 15 min. with the shell side down first. **1 lobster (1½ lbs.)**
7. Turn and brush with **3 tbsp. butter**
8. Sprinkle with **Salt and pepper**
9. Broil for 10 min. more. The time will vary with the size of the lobster.

Variations of Lobster

Remove "grayish green soft fat," mince and add ½ cup bread crumbs, and 3 tbsp. butter. Sprinkle over top of lobster.

Bake at 350 degrees for 30 minutes.

Broil for about 10 minutes until golden brown.

Fish Cookery

Baked Fish with Stuffing

SERVES 6 SHALLOW PAN TEMPERATURE 375°
TIME 20 MIN. PER LB.

1. Lay in pan of cold water. 3 to 4 lb. baking fish and thoroughly wash cavity.
2. Wipe dry.
3. Rub cavity with **Bud of garlic**

2 cups soft bread crumbs
1 cup minced celery
2 tbsp. minced onion
1 tbsp. minced parsley
4 tbsp. soft butter
1/2 cup hot milk
4. Stuff fish with blended

2 cups soft bread crumbs
1 cup minced celery
2 tbsp. minced onion
1 tbsp. minced parsley
4 tbsp. soft butter
1/2 cup hot milk
5. Tie fish allowing room for expansion. Sewing tears the fibers.
6. Lay fish on strips of bacon, or oil soaked cheese cloth.
7. Sprinkle with **Salt and pepper, juice of 1/2 lemon**
8. Bake in preheated oven 15 min. to the pound, up to 4 pounds. For fish weighing more than 4 pounds, allow 5 min. baking period for each additional pound.
9. Ten min. before removing from oven, sprinkle over fish **Juice of 1/2 lemon**
10. Garnish with

Parsley
Lemon quarters
Tomato quarters
Paprika

Salmon Baked in Sour Cream

SERVES 6 CASSEROLE TEMP. 400° TIME 20 to 30 MIN.

1. Wipe with damp cloth. 3 to 4 lbs. salmon
Arrange in casserole, skin side down.
2. Mix and spread over fish.

2 tbsp. grated onions
Juice of 1 lemon
3. Sprinkle with **Salt and pepper**
4. Carefully pour over ... 1 cup sour cream
Bake. (If large whole piece of salmon is used, bake 45 min. to 1 hour.)
- Garnish with

Watercress
Paprika

Tuna Fish and Noodles en Casserole

SERVES 6 CASSEROLE TEMP. 350° TIME 45 MIN.

1. Cook in water 1 pkg. noodles
2. Add 1 clove garlic
3. Drain, rinse and drain again.
- Add

1 cup medium white sauce
1 can tuna fish
1/2 tsp. salt
1 green pepper, cut fine
2 tbsp. butter
1 small can mushrooms
1/8 tsp. pepper
2 tbsp. rum
1/2 cup grated cheese
4. Mix well, turn into a buttered casserole.
5. Sprinkle with

1/4 cup grated cheese
1/2 cup crumbs
6. Bake.

Halibut Ring

SERVES 8 9 IN. RING MOLD TEMP. 375° TIME 1 HR.

1. Place in a sauce pan.....

1 lb. halibut
1 tsp. salt
1 small onion, sliced
1 small bay leaf
2 cloves
2. Add

Sprig parsley
1 piece celery—cut up
1 tbsp. vinegar
1/2 cup water
3. Cook on high heat until steaming, then low heat for 20 minutes. Drain, cool and flake into small pieces.
4. Melt in a saucepan ... 1 1/2 tbsp. butter
5. Add to make white sauce.....

1 tbsp. flour
1/4 cup milk
1/2 tsp. salt
1 tsp. lemon juice
1 1/2 tsp. grated onion
1 1/2 tsp. grated parsley
6. Then add

2 egg yolks, beaten
Fish
7. Beat until stiff.....

2 egg whites

8. Whip

1 cup cream

9. Combine all ingredients and pour into well buttered ring mold.
10. Set in pan of boiling water and bake until set.

Salads

Basic Tomato Aspic

1. Soak..... 2 tbsp. gelatin
2. In..... $\frac{1}{4}$ cup cold water
3. Dissolve in..... $\frac{1}{2}$ cup boiling water
4. Cook for 15 min... {
 4 cups tomatoes,
 fresh or canned
 1 tbsp. chopped
 onion
 $\frac{1}{2}$ tsp. celery seed
 2 or 3 whole cloves
 1 tsp. salt
 1 tsp. sugar
5. Strain through fine strainer or cheese cloth.
6. Add..... {
 2 tsp. lemon juice
 Dissolved gelatin

This may be molded at once or it may be kept in covered jar in refrigerator cabinet until needed. Makes about 3 cups aspic. To use, take out what is wanted and melt over hot water. Use as suggested in recipes.

Tomato Ham Loaf Salad

SERVES 8

1. Prepare..... **Tomato aspic**
2. Divide into three parts—Pour $\frac{1}{3}$ of mixture into a well oiled mold. Chill until firm.
3. Mix..... {
 2 pkg. cream cheese
 1 cup cottage cheese
4. Season with..... **Salt and pepper**
5. Spread over aspic layer in mold.
6. Pour second portion of aspic over cheese.
7. Chill in refrigerator until firm.
8. Soak..... 1 tbsp. gelatin
9. In..... $\frac{1}{4}$ cup cold water
10. Dissolve gelatin over low heat.
11. Grind..... 3 cups ham
12. Add and mix..... {
 $\frac{1}{2}$ cup mayonnaise
 2 tbsp. minced
 celery
 2 tbsp. green pepper
 1 tsp. mustard
13. Season with..... **Salt and pepper**
14. Spread ham mixture over aspic.
15. Cover ham with last portion of aspic.
16. Chill in refrigerator until firm.
17. Serve on curly endive.

Avocado and Shrimp Salad

- SERVES 6**
- SALAD BOWL**
1. Peel and slice..... 2 avocado pears
2. Marinate in..... Lemon juice
3. Clean..... 1 lb. cooked shrimp
4. Arrange on plate.... **Lettuce cups**
5. Arrange shrimp and pears in lettuce.
6. Serve with..... **French dressing**

Avocado Mold

- SERVES 6**
- RING MOLD**
1. Drain juice from..... 2 cans grapefruit
2. Pour into a bowl..... 2 pkg. orange gelatin
3. Add..... $1\frac{1}{2}$ cups boiling water
4. Stir until gelatin is dissolved.
5. Add..... {
 1 $\frac{1}{2}$ cups cold water
 $2\frac{1}{2}$ tbsp. lemon juice
6. Cool until slightly thickened.
7. Cut into lengthwise pieces..... 2 avocado pears
8. Arrange a layer in bottom and sides of a ring mold. Pour a little gelatin mixture into the mold and place in refrigerator to congeal. Add remaining gelatin mixture.
9. Place avocado slices on top and place in refrigerator to congeal.
10. Turn out on a nest of... **Curly endive**
11. Decorate outside with..... **Avocado slices**
12. Marinate grapefruit in French dressing and serve in center of ring.

Lobster and Pineapple Salad

- SERVES 6**
- SALAD BOWL**
1. Drain and separate ... 2 cans lobster
2. Drain and measure ... 1 cup diced pine-apple, canned
3. Add..... {
 1 cup diced celery
 2 hard-cooked eggs, sliced
 $\frac{1}{2}$ cup salted, toasted almonds
 1 tbsp. chopped green pepper
 2 tbsp. lemon juice
4. Toss together lightly and add..... $\frac{1}{2}$ cup mayonnaise
5. Line bowl with lettuce.

Salads

Lima Bean Salad Italian Style

SERVES 6

1. Mix with a fork.... { 2 cups cooked green lima beans
2 tbsp. chopped parsley
1 bud garlic, chopped
1 Spanish onion, sliced thin
2. Gradually add..... $\frac{1}{4}$ cup salad oil
3. Add, drop by drop.... 1 tbsp. vinegar
4. Chill thoroughly.
5. Season with..... Salt and pepper
6. Garnish with.... { Sliced tomatoes
Sliced onions
- NOTE: When fresh lima beans are used, rinse immediately after cooking with cold water.

Kippered Herring Salad

SERVES 6

1. Steam..... { 1 kipper herring
 $\frac{1}{2}$ cup water
2. Cook on high heat, and when steaming turn to low heat for about 5 minutes.
3. Remove fish, drain, bone and shred.
4. Add..... { 1 cup diced cooked potatoes
1 cup diced celery
1 green pepper
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. paprika
 $\frac{1}{8}$ tsp. pepper
1 tbsp. minced onion
5. Chop and add....
6. Steam and chop.... 1 hard-cooked egg
7. Add to moisten.... Mayonnaise
8. Serve on bed of.... Lettuce
9. Garnish with.... Strips of pimento

Bohemian Salad

SERVES 6

1. Dice..... 3 hard-cooked eggs
2. Add..... { 2 diced cooked beets
2 diced cooked potatoes
3. Toss together with.... $\frac{1}{2}$ cup French dressing
4. Serve in.... Lettuce cups
5. Drain..... 1 can sardines
6. Garnish top of salad with tiny sardines.

Peach and Raspberry Salad

SERVES 6

1. Dissolve..... 2 pkgs. raspberry gelatin
2. In..... 1 pt. of hot water
3. Cool slightly.
4. Arrange in bottom of mold..... 1 No. 2½ can sliced peaches
5. Pour half of gelatin over peaches and place in refrigerator to congeal.
6. Pour over peaches. { 1 can red raspberries or
1 box frosted raspberries
7. Pour remaining gelatin over. Congeal in refrigerator.
8. Serve on lettuce with mayonnaise and whipped cream.

Spinach Salad

SERVES 6

1. Wash and remove stems of..... 5 cups uncooked spinach
2. Drain and chop. Keep cold and crisp.
3. Add mix, and toss in French dressing. { $\frac{1}{2}$ cup chopped cooked beets
 $\frac{1}{2}$ cup chopped celery
2 spring onions chopped
4. Garnish with slices of..... 2 hard-cooked eggs

Hot Potato Salad

SERVES 4

1. Dice..... 5 slices bacon
2. Fry bacon until crisp. Remove bacon.
3. Add to bacon fat.... 1 diced onion
4. Cook slightly.
5. Add..... { $\frac{1}{4}$ tsp. salt
3 tbsp. vinegar
Dash pepper
3 or 5 tbsp. sour cream
6. Add..... 3 cups diced cooked potatoes
7. Turn potatoes in broth and serve.

Salads

Vegetable Supper Salad

SERVES 8

- | | RING MOLD |
|--|---|
| 1. Dissolve | { 1 pkg. lemon Jello in
2 cups boiling water |
| 2. Add | 1 cup cold water |
| 3. Add | { 2 tbsp. vinegar
1 tsp. salt |
| 4. Place in refrigerator cabinet to chill. | |
| 5. When mixture begins to congeal, fold in..... | { 1 cup chopped
celery
1 cup shredded
cabbage
½ cup shredded
carrots
1 shredded green
pepper |
| 6. Turn into greased ring mold to congeal. | |
| 7. Turn out on plate. | |
| 8. Garnish with watercress and cornucopias of cold meat for main course. | |

Sunshine Salad

SERVES 6

- | | RING MOLD |
|---|--|
| 1. Dissolve..... | 2 pkgs. lemon Jello |
| 2. In | 2 cups boiling water |
| 3. Add..... | { 1 cup pineapple
juice
2 cups crushed
pineapple
1 cup grated raw
carrots |
| 4. Pour into well greased mold and place in refrigerator to congeal. | |
| 5. Turn out on bed of curly endive or lettuce and garnish with canned pear halves or peaches. | |
| 6. Serve with mayonnaise. | |

Chef Salad

SERVES 6

- | | SALAD BOWL |
|--|--|
| 1. Wash and shake off all moisture..... | 1 head lettuce |
| 2. Break lettuce apart—do not cut. | |
| 3. Put in a chilled salad bowl. | |
| 4. Add..... | { 2 tomatoes cut in
quarters
4 spring onions (cut
in fine pieces)
2 hearts of celery—
cut up
2 hard-cooked eggs
6 anchovies |
| 5. Toss salad together lightly with French dressing. | |

Tuna Fish Salad

SERVES 6

- | | FISH MOLD |
|---|---|
| 1. Soak for 5 min..... | { 1 tbsp. gelatin
2 tbsp. cold water |
| 2. Dissolve mixture over boiling water. | |
| 3. Flake with fork..... | 2 cups tuna fish |
| 4. Add..... | { ½ cup chopped
celery
¼ cup pickle relish
½ tsp. salt
½ cup mayonnaise
¼ tsp. paprika |
| 5. Add dissolved gelatin. | |
| 6. Pour into greased fish mold and place in refrigerator to set. This may be placed in individual fish molds. | |
| 7. Unmold on lettuce cups. | |
| 8. Garnish with..... | { Celery curls
Rings of green
peppers |

Frozen Fruit Salad

SERVES 8 REFRIGERATOR TRAY TIME 2 to 3 HRS.

- | | |
|--|---|
| 1. Soak for 5 min..... | { 1 tbsp. gelatin
¼ cup cold water |
| 2. Dissolve over boiling water. | |
| 3. Combine | { 1 cup diced
pineapple
1 cup diced apricots
1 cup diced peaches
2 bananas, diced
3 tbsp. lemon juice
½ cup sugar |
| 4. Add dissolved gelatin to above ingredients and chill. | |
| 5. As mixture begins to congeal, fold in. | { 1 cup mayonnaise
1 cup whipped
cream |
| 6. Turn into refrigerator tray, place in upper freezer and freeze. | |
| 7. Cut into squares and serve on lettuce cups with a cream salad dressing. | |

Salad Garnishes

Tomato flowers, eggs, pimento, green pepper, radish roses, parsley, chives, mint, cucumber flowers, etc. A chapon, a small piece of bread rubbed with garlic placed in a salad bowl gives a delicious flavor.

ARRANGEMENT OF SALAD. Arrange the salad greens (cut stem end off) on the plate. Arrange the salad so that it falls gracefully over the lettuce. Do not fill the plate too full. Attractive salads may be arranged in wooden salad bowls or plates and served at the table into individual servings.

Salad Dressings

Glazed French Dressing

1. Put into a mixing bowl.....

$\frac{1}{4}$ cup vinegar
$\frac{1}{2}$ cup sugar
1 tsp. dry mustard
1 tsp. salt
1 tsp. paprika
2. Beat for 3 minutes.
3. Add slowly while beating..... 1 cup salad oil
4. Beat 3 more minutes after adding oil.
5. Add..... **Juice of onion or garlic to taste**

Mayonnaise Dressing

1. Beat until thick..... **2 egg yolks**
2. Beat and add..... **Few drops of vinegar**
3. Add slowly, beating constantly..... **2 cups salad oil**
4. Add.....

$\frac{1}{4}$ cup vinegar
1 tbsp. lemon juice
1 tsp. salt
$\frac{1}{8}$ tsp. pepper

Lemon juice may be used in place of vinegar.

Variations

1. **Russian Dressing:** To 1 cup of mayonnaise add 2 tbsp. chili sauce, 1 tsp. Worcestershire and 1 tsp. lemon juice.
2. **Thousand Island Dressing:** To 1 cup of mayonnaise add 4 tbsp. chili, 1 tbsp. of green pepper, 2 tbsp. pimento or red pepper, 1 tbsp. of chives.
3. **Horseradish Mayonnaise:** To 1 cup of mayonnaise add $\frac{1}{4}$ cup grated horseradish. Serve with corned beef, tongue or fish.

Cooked Salad Dressing

1. Mix.....

1 tsp. dry mustard
1 tsp. salt
1 tbsp. sugar
1 tbsp. flour
2. Beat and add..... **2 eggs**
3. Add..... **$\frac{3}{4}$ cup milk**
4. Then add..... **$\frac{1}{4}$ cup vinegar and lemon juice**
Cook until thickened, stirring constantly.
5. Add..... **1 tbsp. butter**
Cool (may be thinned with cream)

Sour Cream Dressing

1. Mix.....

2 tbsp. sugar
1 tsp. salt
1 tsp. mustard
2 tbsp. lemon juice
2 tbsp. vinegar
2. Whip..... **1 cup sour cream**
3. Fold ingredients into whipped cream.
4. Serve on cabbage slaw—sliced cucumbers or mixed vegetable salad.

Roquefort Cheese Dressing

1. Cream with a fork imported Roquefort cheese.
2. Gradually add olive oil until a pouring consistency (thick cream).
3. Season with cayenne pepper, Worcestershire sauce and vinegar to taste.
4. Chill thoroughly.

Cream Fruit Salad Dressing

1. Heat..... **1 cup pineapple or other fruit juices**
2. Mix to smooth paste

4 tbsp. flour
3 tbsp. sugar
2 eggs
3. Add gradually to hot fruit juice.
4. Add..... **1 tsp. butter**
5. Cook on low heat, stirring constantly.
6. Chill.
7. Add..... **1 cup cream whipped**

Sweet Sour Bacon Dressing

1. Dice..... **5 slices bacon**
2. Fry and add.....

$\frac{1}{4}$ tsp. pepper
$\frac{1}{2}$ tsp. paprika
$\frac{1}{4}$ tsp. salt
$\frac{1}{4}$ tsp. dry mustard
3 tbsp. vinegar
1 tbsp. sugar
4 tbsp. boiling water
3. Cover and cook for a few minutes on low heat.
4. Serve on shredded cabbage or garden lettuce or wild greens.

Cakes

Jelly Roll

- 1 JELLY ROLL PAN TEMP. 425° TIME 12 to 15 MIN.
1. Beat thoroughly..... 3 eggs
 2. Add and continue { $\frac{1}{4}$ cup cold water
beating..... } 1 cup sugar
 3. Sift and measure..... 1 cup cake flour
 4. Add..... { 2 tsp. baking
powder
 $\frac{1}{4}$ tsp. salt }
 5. Add dry ingredients to egg mixture and mix well.
 6. Add..... 1 tsp. vanilla
 7. Bake in a sheet cake pan lined with greased wrapping paper.
 8. Place tea towel on table, cover with waxed paper. Sprinkle with confectioners' sugar.
 9. Turn hot jelly roll on waxed paper.
Spread with..... 1 glass jelly or jam
 10. Hold paper and tea towel firmly with thumb and first finger. Lift up and roll. Cool and unwrap.
 11. Sprinkle with confectioners' sugar.

Variation

Cocoa Roll: Omit $\frac{1}{4}$ cup flour from ingredients and substitute $\frac{1}{4}$ cup cocoa.

Angel Food Cake

- 1 TUBE CAKE PAN TEMP. 325° TIME 1½ HRS.
1. Beat until foamy..... 1½ cups egg whites
 2. Add and continue
beating..... 1 tsp. cream of
tartar
 3. Add and beat until
peaks are formed..... 1½ cups sugar
 4. Add..... { $\frac{1}{2}$ tsp. vanilla
 $\frac{1}{2}$ tsp. almond
extract
 $\frac{1}{2}$ tsp. lemon extract }
 5. Sift and measure..... 1 cup cake flour
 6. Fold into egg whites using wire beater.
 7. Turn into ungreased tube pan.

Speed Angel Food-Method

- TEMPERATURE 425° TIME 25 MIN.
1. Place tube cake pan in cold oven.
 2. Preheat pan while oven is heating.
 3. Pour in cake batter, Angel Food or Sunshine into hot pan, quickly.
 4. Place in oven to bake.

Sunshine Cake

- 1 TUBE CAKE PAN TEMP. 325° TIME 1 to 1¼ HRS.
1. Separate..... 9 eggs
 2. Beat..... Egg whites until foamy
 3. Add..... 1 tsp. cream of tartar and beat until stiff
 4. Add..... 1½ cups sugar
 5. Mix slightly.
 6. Add to egg yolks... { $\frac{1}{2}$ tsp. orange
extract
 $\frac{1}{2}$ tsp. lemon extract
 $\frac{1}{2}$ tsp. vanilla
 $\frac{1}{2}$ tsp. salt }
 7. Beat until very thick.
 8. Fold egg yolk mixture into egg whites.
 9. Measure and sift..... 1½ cups cake flour
 10. Fold into egg mixture.
 11. Turn into ungreased tube pan.

White Layer Cake

- 3—8" Layer Cake Pans TEMP. 375° TIME 30 to 35 MIN.
1. Cream 1 cup soft butter
 2. Add gradually..... 1½ cups sugar
Cream thoroughly.
 3. Sift and measure..... 3 cups cake flour
 4. Add..... { 3 tsp. baking
powder
 $\frac{1}{2}$ tsp. salt }
 5. Add dry ingredients { $\frac{3}{4}$ cup milk
alternately with..... } 1 tsp. vanilla
 6. Fold in..... 6 egg whites
beaten stiff
 7. Bake.
 8. Cool and fill with orange cream filling.
 9. Frost with Miracle icing and decorate with pistachio nuts and orange segments.

White Loaf Cake

- 2—2 LB. LOAF PANS TEMP. 350° TIME 1 to 1½ HRS.
1. Cream $\frac{1}{2}$ cup butter
 2. Add gradually..... 1½ cups sugar
 3. Add unbeaten, one at a time..... 4 eggs
Beat well after each addition.
 4. Sift and measure..... 3 cups flour
 5. Add..... { 3 tsp. baking
powder
 $\frac{1}{2}$ tsp. salt }
 6. Add dry ingredients to creamed mixture alternately with... { 1 cup milk
1 tsp. lemon juice }
 7. Mix well and bake.



Cakes

Miracle Cake

2—8" Layer Cake Pans TEMP. 375° TIME 30 to 35 MIN.

1. Cream 1 cup soft butter
2. Add gradually and cream thoroughly 2 cups sugar
3. Add, one at a time 4 eggs
4. Beat well.
5. Sift and measure 4½ cups cake flour
 { ½ tsp. salt
6. Add { 4½ tsp. baking powder
7. Add first mixture { 1½ cups milk
 alternately with { 2 tsp. vanilla
8. Divide into 4 equal parts. Bake.

Cocoanut Cake

1—12½x9x2 CAKE PAN TEMP. 350° TIME 1 HR.

1. Cream 1 cup butter
2. Add gradually 2 cups sugar
3. Add one at a time 4 eggs
 Beat well.
4. Sift and measure .. { 3 cups flour
 { 2 tsp. baking powder
5. Add alternately with .. 1 cup milk
6. Add { 1 cup cocoanut
 { 1 tsp. vanilla
7. Bake in large cake pan, well greased.

Red Devil's Food Cake with Baked Frosting

1—12½x9x2 CAKE PAN TEMP. 350° TIME 1 HR.

1. Mix together { ½ cup water
 { 1½ tsp. soda
 { ½ cup cocoa
2. And allow to stand while mixing other ingredients.
3. Cream ¾ cup butter
4. With 1¼ cups sugar
5. Add one at a time 2 eggs
6. Beat well.
7. Sift and add { 2½ cups flour
 { ½ tsp. salt
8. Alternately with ¾ cup sour milk
9. Add 1 tsp. vanilla
10. Bake 45 minutes. Then spread with baked frosting (Page 39) and return to oven for another 15 minutes.

Orange Marmalade Cake

1—9" SQUARE PAN TEMP. 350° TIME 45 to 50 MIN.

1. Cream ¼ cup butter
2. Add gradually ¾ cup sugar
3. Add, one at a time 2 eggs
 Beat well.
4. Add { ¼ cup orange marmalade
 { 2 tbsp. orange rind
5. Sift and measure 2 cups flour
6. Add { 2 tsp. baking powder
 { ½ tsp. salt
7. Add dry ingredients to creamed mixture alternately with ⅓ cup water
8. Add ½ cup chopped nuts
9. Mix well and bake.
10. Frost with orange cream frosting and cut in squares.

Meringue Cake Torte

2—8" Layer Cake Pans TEMP. 350° TIME 25 to 35 MIN.

1. Cream ½ cup butter
2. Add gradually ½ cup sugar
3. Add 4 egg yolks
4. Beat thoroughly.
5. Sift and measure 1 cup flour
 { 2 tsp. baking powder
6. Add { Pinch of salt
7. Add dry ingredients { 5 tbsp. milk
 alternately with ... { 1 tsp. vanilla
8. Turn into two 8" well greased layer cake pans.
9. Beat until foamy 4 egg whites
10. Add ½ cup sugar
11. Beat until stiff enough for meringue.
12. Spread on top of cake batter.
13. Bake.
14. Remove from pans and cool.
15. Spread with Custard
16. Peel and slice 2 bananas
 Spread bananas over custard.
17. Garnish top with .. { Whipped cream
 { Cherries
 { Nuts

Cakes

Molasses Cake

- 1—8" SQUARE PAN TEMP. 350° TIME 35 to 40 MIN.
1. Cream $\frac{3}{8}$ cup shortening
 2. Add gradually $\frac{1}{2}$ cup sugar
Beat well.
 3. Add { 1 egg
 $\frac{1}{2}$ cup molasses
Mix well.
 4. Sift and measure $1\frac{3}{4}$ cups flour
 5. Add { 2 tsp. ginger
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{2}$ tsp. salt
 6. Mix 1 tsp. soda
 7. With $\frac{1}{2}$ cup sour milk
 8. Add alternately with flour mixture to creamed mixture.
 9. Bake.

Banana Cake

- 9" SQUARE CAKE PAN TEMP. 350° TIME 1 HR.
1. Cream together ... { $\frac{1}{2}$ cup butter
1 cup sugar
 2. Add and beat well ... 2 eggs
 3. Sift together { $2\frac{1}{4}$ cups cake flour
2 tsp. baking powder
 $\frac{1}{4}$ tsp. baking soda
 4. Add sifted mixture, alternately with ... { $\frac{1}{4}$ cup milk
1 cup mashed bananas
(2 bananas)
 5. Bake.
 6. Before serving, top { Whipped cream
Sliced bananas

Old Fashioned Pound Cake

- 1 TUBE CAKE PAN TEMP. 325° TIME 1 to $1\frac{1}{4}$ HRS.
1. Cream 2 cups soft butter
 2. Add gradually and beat well 2 cups sugar
 3. Add, one at a time ... 10 eggs
 4. Beat well after each one.
When last egg has been added, beat ... 1 minute
 5. Sift and measure 4 cups cake flour
 6. Add { $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ tsp. mace
 7. Add flour mixture to creamed mixture carefully.
 8. Add $\frac{1}{2}$ tsp. lemon juice
 9. Mix well.
 10. Turn into a well greased tube pan (large size). May be baked in three loaf tins.

Medium Light Fruit Cake

- 2—3 LB. LOAF PANS TEMP. 300° TIME 2½ to 3 HRS.
1. Cream 1 cup butter
 2. Add gradually 1 cup sugar
and cream thoroughly.
 3. Add, beat well 2 egg yolks
 4. Add { 1 tbsp. vanilla
 $\frac{1}{2}$ tsp. almond extract
 5. Sift and measure ... { 3 cups flour
1 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 6. Combine dry ingredients with creamed mixture.
 7. Add { 1 lb. candied pineapple, cut up
1 lb. candied cherries, cut up
1 lb. blanched almonds, cut up
 $\frac{1}{2}$ lb. citron
1 cup shredded cocoanut
 8. Add $\frac{1}{2}$ cup pineapple juice
 9. Fold in 7 egg whites beaten stiff, not dry
 10. Bake.

Dark Fruit Cake

- 4—3 LB. LOAF PANS TEMP. 275° TIME 3½ HRS.
1. Wash thoroughly and drain 2 lbs. currants
 2. Cut up { 2 lbs. dates
2 lbs. seeded raisins
 $\frac{1}{2}$ lb. mixed lemon, orange, and citron peel
 3. Blanch and slice 1 lb. almonds
 4. Cream 1 lb. butter
 5. Add gradually 1 lb. brown sugar
 6. Add, and beat well ... 12 eggs
 7. Sift and measure 1 lb. flour
 8. Add { 1 tsp. soda
1 tsp. cream of tartar
1 tsp. mixed spices
 9. Add fruits and nuts to flour mixture and add to creamed mixture.
 10. Add 1 cup brandy
Mix well, and bake.

Cake Fillings

Chocolate Fudge Frosting

SAUCEPAN

- TIME 8 to 10 MIN.
- | | |
|---|---|
| 1. Mix together..... | $\left\{ \begin{array}{l} 3 \text{ cups sugar} \\ 2 \text{ squares chocolate} \\ \quad \text{cut fine} \\ 1\frac{1}{3} \text{ cups milk} \\ \frac{1}{3} \text{ tsp. cream of} \\ \quad \text{tartar} \end{array} \right.$ |
| 2. Cook until it forms a soft ball or 240° F. | |
| 3. Cool and add..... | 3 tbsp. butter |
| 4. Beat until creamy and
add..... | $\frac{1}{2}$ tsp. vanilla |
| 5. Spread thick on cake while warm. | |
| 6. Garnish with..... | 1 cup nuts |

Refrigerator Frosting

SAUCEPAN

- TIME 8 to 10 MIN.
- | | |
|--|---|
| 1. Cook together..... | $\left\{ \begin{array}{l} 2\frac{1}{2} \text{ cups sugar} \\ \frac{1}{2} \text{ cup water} \\ \frac{1}{2} \text{ cup light corn} \\ \quad \text{syrup} \end{array} \right.$ |
| Until firm ball is formed when tested in cold water or to 242° F. | |
| 2. Beat..... | 2 egg whites |
| 3. Add..... | 2 tbsp. sugar |
| Beat thoroughly. | |
| 4. Add slowly..... | Hot syrup mixture |
| Beat until mixture will hold its shape. | |
| 5. Add..... | 1 tsp. vanilla |
| 6. Spread on cake or put in tightly covered jar and store in refrigerator cabinet. If it becomes slightly stiff add a few drops of hot water and mix well. | |

Date Nut Filling

SAUCEPAN

- TIME 8 to 10 MIN.
- | | |
|-----------------------|---|
| 1. Combine..... | $\left\{ \begin{array}{l} 1 \text{ cup brown sugar} \\ \frac{3}{4} \text{ cup water} \\ \frac{1}{4} \text{ cup butter} \\ \frac{1}{2} \text{ pkg. dates, cut} \\ \quad \text{up} \end{array} \right.$ |
| 2. Cook until thick. | |
| 3. Add..... | 1 box powdered sugar |
| 4. Beat until creamy. | |
| 5. Add..... | $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup nuts,} \\ \quad \text{chopped} \\ \frac{1}{8} \text{ tsp. salt} \end{array} \right.$ |

Baked Frosting

1. Beat 2 egg whites until stiff.
2. Add $\frac{1}{2}$ tsp. baking powder and 1 cup brown sugar.
3. Beat again.
4. Spread over cake.
5. Sprinkle with nut meats and bake 10 to 15 minutes.

Caramel Filling

SAUCEPAN

- TIME 8 to 10 MIN.
- | | |
|--|---|
| 1. Mix together..... | $\left\{ \begin{array}{l} 2 \text{ cups sugar} \\ \frac{1}{2} \text{ cup brown sugar} \\ \frac{1}{2} \text{ cup butter} \\ 1 \text{ cup buttermilk} \\ \frac{1}{2} \text{ tsp. soda} \end{array} \right.$ |
| 2. Cook until forms a soft ball or to 80° F. Cool. | |
| 3. Add..... | 1 tbsp. vanilla |
| 4. Beat until creamy. Spread on cake. | |

Miracle Icing

SMALL MIXER BOWL

- TIME 8 to 10 MIN.
- | | |
|---|--|
| 1. Mix together..... | $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ cups sugar} \\ \frac{1}{8} \text{ tsp. salt} \\ \frac{1}{3} \text{ cup water} \end{array} \right.$ |
| Let come to boil and boil for 3 minutes. | |
| 2. Place unbeaten.... | $\left\{ \begin{array}{l} 2 \text{ egg whites} \\ \frac{1}{4} \text{ tsp. cream of} \\ \quad \text{tartar} \end{array} \right.$ |
| 3. Into small mixer bowl
add..... | Hot Syrup |
| Beat for 5 min. | |
| 4. Add..... | 1 tsp. vanilla |
| This is a soft frosting. | |
| If desired add..... | 6 marshmallows |
| To..... | Hot syrup |
| And allow to dissolve before adding egg whites. | |

Delicious Apple Filling

SAUCEPAN

- TIME 8 to 10 MIN.
- | | |
|---|--|
| 1. Mix together..... | $\left\{ \begin{array}{l} \frac{3}{4} \text{ cup sugar} \\ 1 \text{ tbsp. flour} \\ 3 \text{ tbsp. lemon juice} \\ 1 \text{ tbsp. water} \\ 1 \text{ egg, beaten} \\ 1 \text{ cup grated apple} \end{array} \right.$ |
| 2. Cook until thick. | |
| 3. Cool and spread between cake layers. | |
| 4. Frost with Miracle icing. | |

Butter Cream Icing

LARGE MIXER BOWL

- TIME 3 to 5 MIN.
- | | |
|-----------------------------|---|
| 1. Sift into mixing bowl... | 1 box confectioners' sugar |
| 2. Add and cream..... | $\frac{1}{4}$ cup soft butter |
| 3. Add..... | $\left\{ \begin{array}{l} 1 \text{ egg white} \\ \frac{1}{4} \text{ tsp. salt} \end{array} \right.$ |
| Beat well. | |
| 4. Add..... | $\frac{1}{4}$ cup top milk |
| Beat until fluffy. | |
| 5. Add..... | 1 tsp. vanilla |

Small Cakes and Cookies

Cup Cakes

- 12 CUP CAKES TEMP. 375° TIME 20 to 30 MIN.
1. Cream $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup soft butter} \\ 1 \text{ cup sugar} \end{array} \right.$
 2. Add 2 eggs
Beat until fluffy.
 3. Sift 2 cups flour
 4. Add $\left\{ \begin{array}{l} 3 \text{ tsp. baking powder} \\ \frac{1}{4} \text{ tsp. salt} \end{array} \right.$
Sift together.
 5. Add dry ingredients $\left\{ \begin{array}{l} \frac{3}{4} \text{ cup milk} \\ \text{alternately with } \dots \quad 1 \text{ tsp. vanilla} \end{array} \right.$
Mix well.
 6. Fill muffin tins $\frac{2}{3}$ full. Bake.
 7. Frost with chocolate frosting and chocolate shots.

Lemon Cup Cakes

- Yield, 12 Small Cakes TEMP. 375° TIME 20 to 30 MIN.
1. Cream together ... $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup butter} \\ \frac{1}{2} \text{ cup sugar} \end{array} \right.$
 2. Add 2 egg yolks
 3. Mix thoroughly.
 4. Add sifted together $\left\{ \begin{array}{l} 1 \text{ cup cake flour} \\ 1 \text{ tsp. baking powder} \\ \frac{1}{4} \text{ tsp. salt} \end{array} \right.$
 5. Alternate with ... $\left\{ \begin{array}{l} \frac{1}{4} \text{ cup lemon juice} \\ \text{Rind of half lemon} \end{array} \right.$
 6. Beat and fold in 2 egg whites
 7. Fill muffin tins $\frac{2}{3}$ full and bake.

Date Bars

- 24 COOKIES TEMP. 350° TIME 35 MIN.
1. Beat together $\left\{ \begin{array}{l} \frac{3}{4} \text{ cup sugar} \\ 3 \text{ egg yolks} \end{array} \right.$
 2. Sift together $\left\{ \begin{array}{l} \frac{1}{3} \text{ cup flour} \\ 1 \text{ tsp. baking powder} \\ \frac{1}{2} \text{ tsp. salt} \end{array} \right.$
Add to egg mixture.
 3. Add $\left\{ \begin{array}{l} 2 \text{ cups dates cut fine} \\ \frac{3}{4} \text{ cup nuts cut fine} \end{array} \right.$
Mix well.
 4. Beat and fold in 3 egg whites
 5. Spread in shallow pan (1x8x12 inches). Bake.
 6. Cut while warm in oblong bars (1x2 inches) and roll in powdered sugar.

Caramel Nut Squares

- TEMPERATURE 425° TIME 15 MIN.
1. Into 1 cup flour
 2. Cut $\frac{1}{2}$ cup butter
 3. Add 1 egg
 4. Mix well and spread in a buttered pan.
 5. Add topping given below.

Topping

- TEMPERATURE 350° TIME 30 MIN.
1. Blend 1½ cups brown sugar
 2. With 2 eggs
 3. Add 2 tbsp. flour
 4. Sifted with $\frac{1}{2}$ tsp. baking powder

Spread this mixture over baked crust.

5. Mix $\frac{1}{2}$ cup cocoanut
6. And spread on top. $\left\{ \begin{array}{l} \frac{3}{4} \text{ cup chopped nuts} \\ 1 \text{ tsp. vanilla} \end{array} \right.$
Bake.
7. While hot, brush with icing made of $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup confectioners' sugar} \\ \text{Juice of one lemon} \end{array} \right.$
Cool and cut into squares.

Pumpkin Cookies

36 to 48 Cookies TIME: Until Light Brown TEMP. 375°

1. Cream together.... $\left\{ \begin{array}{l} 1 \text{ cup butter or substitute} \\ \frac{1}{2} \text{ cup sugar} \end{array} \right.$
2. Add 1 egg yolk
3. Sift and measure ... $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ cups flour} \\ \frac{1}{2} \text{ tsp. baking powder} \\ \frac{1}{8} \text{ tsp. salt} \end{array} \right.$
4. Mix $\left\{ \begin{array}{l} 3 \text{ tbsp. milk} \\ \text{Few drops orange coloring} \end{array} \right.$
5. Add milk, and dry ingredients alternately. Roll in wax paper and store in refrigerator for several hours. Slice and decorate like pumpkin faces. For stems, use bits of angelica or green cherry; for eyes and nose, currants; and for mouth use red maraschino cherries.
6. Bake.

Small Cakes and Cookies

Refrigerator Cookies

36 COOKIES TEMP. 425° TIME 10 MIN.

1. Cream together.... $\left\{ \begin{array}{l} \frac{3}{4} \text{ cup soft butter} \\ 1 \text{ cup brown or white sugar} \end{array} \right.$
2. Add..... 1 egg
Beat well.
3. Sift together and add..... $\left\{ \begin{array}{l} 2 \text{ cups flour} \\ \frac{1}{2} \text{ tsp. soda} \\ \frac{1}{2} \text{ tsp. cream of tartar} \\ \frac{1}{2} \text{ cup nuts} \end{array} \right.$
4. Mold into rolls, wrap in waxed paper and place in refrigerator until ready to use.
5. Slice and bake.

Brownies

24 COOKIES TEMP. 350° TIME 20 to 25 MIN.

1. Cream together... $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup butter} \\ 1 \text{ cup sugar} \end{array} \right.$
2. Add..... 2 eggs
Beat thoroughly.
3. Sift..... $\frac{3}{4}$ cup flour
4. Add and sift together..... $\left\{ \begin{array}{l} \frac{1}{4} \text{ tsp. salt} \\ \frac{1}{2} \text{ tsp. baking powder} \end{array} \right.$
Add to creamed mixture.
5. Add..... $\left\{ \begin{array}{l} 2 \text{ sqs. chocolate (melted)} \\ 1 \text{ cup walnuts} \\ 1 \text{ tsp. vanilla} \end{array} \right.$
6. Pour into well greased pan and bake.
7. Cool and cut into squares.

Tom Thumb Cookies

24 COOKIES TEMP. 350° TIME 20 to 25 MIN.

1. Cream..... $\frac{3}{4}$ cup shortening
2. Add..... $1\frac{1}{2}$ cups sifted powdered sugar
3. Add and mix well... $\left\{ \begin{array}{l} 2 \text{ eggs well beaten} \\ \frac{1}{2} \text{ tsp. salt} \\ 2 \text{ cups flour} \end{array} \right.$
4. Roll in small balls and place on cookie sheet. Flatten. Bake.
5. Cool and put together with following icing:
6. Mix until smooth... $\left\{ \begin{array}{l} \frac{1}{4} \text{ cup soft butter} \\ \frac{1}{2} \text{ cup powdered sugar} \\ \text{Pinch of salt} \\ \text{Few drops almond extract} \end{array} \right.$

Cream Puffs

6 CREAM PUFFS TEMP. 400° TIME 50 to 60 MIN.

1. To..... 1 cup boiling water
2. Add..... $\frac{1}{2}$ cup butter or lard
Heat turned on high until butter melts.
3. Add..... 1 cup bread flour
4. Stir vigorously until ball forms in center of pan.
5. Cool slightly.
6. Add, one at a time... 4 eggs
beating after each addition.
Mixture should be very stiff.
7. Shape on buttered cookie sheet, dropping from spoon or using pastry bag tube. Bake. Cool and fill.

Cream Puff Filling

SAUCEPAN TIME 12 to 15 MIN.

1. Scald..... 2 cups milk
2. Mix together..... $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup flour} \\ \frac{2}{3} \text{ cup sugar} \\ \frac{1}{2} \text{ tsp. salt} \\ 2 \text{ eggs} \end{array} \right.$
3. Add scalded milk.
4. Cook until mixture thickens, stirring constantly.
5. Cool and add..... 2 tbsp. rum

Meringue Shells

8 MERINGUE SHELLS TEMP. 250° TIME 1 $\frac{1}{4}$ to 1 $\frac{1}{2}$ HRS.

1. Beat until stiff..... 4 egg whites
2. Sift together..... $\left\{ \begin{array}{l} 1 \text{ cup granulated sugar} \\ \frac{1}{4} \text{ tsp. cream of tartar} \end{array} \right.$
3. Add gradually to egg whites and beat until mixture holds its shape.
4. Add..... 1 tsp. vanilla
5. Cover cookie sheet with waxed paper.
6. Shape shells with spoon and bake.
7. Allow to cool before removing from waxed paper.
8. Serve with..... Ice cream or crushed fruits or sherbet
9. Meringue mixture may be placed in a pastry bag using a large rose tube. Make a rose, by running meringue in a small circle, going around about two or three times.

Hot Desserts

Orange Marmalade Pudding

SERVES 6	PUDDING PAN	TIME 1½ HRS.
1. Cream together . . .	{ $\frac{1}{3}$ cup butter $\frac{3}{4}$ cup sugar	
2. Add	1/4 tsp. orange flavoring	
3. Sift together	{ 2 cups flour 3 tsp. baking powder $\frac{1}{4}$ tsp. salt	
4. And add alternately with	$\frac{1}{2}$ cup milk	
5. Fold in	2 egg whites, beaten	
6. Cover bottom of pudding pan with $\frac{1}{2}$ cup orange marmalade. Pour batter into pan and steam.		

Mincemeat Pudding

SERVES 6	PUDDING PAN	TIME 1½ HRS.
1. Sift together	{ 2 cups flour 3 tsp. baking powder 2 tbsp. sugar $\frac{1}{2}$ tsp. salt	
2. Beat	2 eggs	
3. Add	{ $\frac{1}{2}$ cup milk $\frac{1}{4}$ cup melted shortening	
4. Add to dry ingredients and mix well.		
5. Add	{ 1 cup mincemeat (moist) 1 tbsp. grated lemon rind	
6. Steam.		

Pear and Cherry Pudding

SERVES 8	PUDDING PAN	TIME 1½ HRS.
1. Cream together . . .	{ $\frac{1}{3}$ cup shortening $\frac{3}{4}$ cup sugar	
2. Add	2 eggs	
Beat well.		
3. Sift together	{ 1½ cups flour 3 tsp. baking powder $\frac{1}{4}$ tsp. salt	
4. And add alternately with	$\frac{1}{2}$ cup milk	
5. Add	1 tsp. vanilla	
6. Cover bottom of pudding pan with . . .	{ $\frac{1}{2}$ cup brown sugar 6 pear halves 6 cherries	

Lemon Chiffon Pudding

SERVES 6	CASSEROLE	TEMP. 375°	TIME 45 to 60 MIN.
1. Cream together . . .	{ 3 tbsp. butter 1 cup sugar 5 tbsp. flour		
2. Add	{ 3 egg yolks, beaten $\frac{1}{4}$ cup lemon juice 1 cup milk		
3. Fold in	3 egg whites, beaten stiff		
4. Pour into buttered casserole. Place in pan of warm water and bake until firm.			

Steamed Fruit Pudding

SERVES 15	TIN CANS	TIME 1¾ HRS.
1. Beat	{ 2 eggs 1 cup brown sugar 1 cup ground suet	
2. Add	{ 2 cups soft white bread crumbs 1 cup milk 1 tsp. vanilla $\frac{1}{4}$ cup orange juice or wine 1 cup flour 1 tsp. soda 2 tsp. cinnamon 1 tsp. cloves $\frac{1}{2}$ tsp. salt 2 cups raisins 1 cup chopped dates $\frac{1}{2}$ cup assorted fruit peel $\frac{1}{2}$ cup chopped nuts	
3. Mix well and add		
4. Pour into 3 well greased No. 2 tin cans or 2 large cans.		
5. Place in Thrift Cooker with rack in lowest position.		
6. Add	1 cup water	
7. Turn on high heat. When steaming freely turn to low and allow to steam.		
8. Delicious served with Butter sauce		

Raspberry Jam Pudding

SERVES 6	THRIFT COOKER	TIME 1½-2 HRS.
1. Place in bowl	{ $\frac{1}{3}$ cup bread crumbs $\frac{1}{3}$ cup flour	
2. Add, sifted together	{ $\frac{1}{3}$ cup sugar 2 tsp. B.P.	
3. Beat until light	{ 2 eggs $\frac{1}{3}$ cup jam	
4. Add	{ $\frac{1}{3}$ cup milk $\frac{1}{3}$ cup melted butter 1 tsp. lemon rind	
5. Add to dry ingredients and beat one minute. Turn into buttered pudding pan and steam.		

Pies and Pastry

Plain Pastry

TEMPERATURE 475°

1. Sift together..... { 2 cups flour
1 tsp. salt
2. Cut in with fork or pastry blender..... $\frac{3}{4}$ cup shortening
3. Add gradually..... 6 to 8 tbsp. ice water or milk
4. Knead lightly to form into mold.
5. Place in refrigerator to chill (3 or 4 hrs.).
6. When ready to bake divide into two parts. Roll out $\frac{1}{8}$ inch thick on slightly floured board. Pinch edge of pastry with fork or fingers to flute the edge—prick bottom and sides to bake.

Sweet Pastry

TEMPERATURE 450°

1. Sift together..... { 1½ cups flour
1 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
2 tbsp. sugar
2. Cut in with pastry blender..... $\frac{1}{2}$ cup shortening
3. Beat..... 1 egg yolk
4. Add..... 4 tbsp. ice water
5. Add to dry ingredients.
6. Knead lightly. Chill in refrigerator.
7. Roll $\frac{1}{8}$ inch thick and line pie pan, crimp or flute edges.

NOTE: This pastry is good for rhubarb or peach pies.

Assorted Pastries

Use plain or puff pastry and shape pastry shells. Bake and cool. Fill with desired filling.

1. **Peach and Blueberry Tart:** Bake a pastry round, arrange on top of pastry $\frac{1}{2}$ of canned or fresh peach, fill center with stewed blueberries. Garnish with whipped cream.
2. **Cocoanut Cream Tart:** Bake tart shell and fill with cocoanut cream filling. Cover with meringue and bake.
3. **Kumquat Pastries:** Bake a pastry round, fill center with preserved kumquats (may use peaches, pears or plums). Garnish edge with cream cheese combined with cream.
4. **Cherry Tart:** Fill baked tart shells with sweetened cherries and garnish with whipped cream.
5. **Lemon Meringue Tart:** Fill baked tart shell with lemon cream filling and cover with meringue and bake.

Puff Pastry

YIELD 10

COOKIE SHEET TEMP. 450° TIME 10 to 12 MIN.

1. Sift and measure... { 2 cups flour
 $\frac{1}{2}$ tsp. salt
2. Cut in with dough blender..... $\frac{3}{4}$ cup butter
3. Add..... 3 or 4 tbsp. ice water
4. Roll dough to $\frac{1}{8}$ inch thickness.
5. Spread dough with... $\frac{1}{4}$ cup soft butter—
to within $\frac{1}{2}$ inch
from edge of dough
6. Fold nearest edge of pastry inward $\frac{1}{3}$ of width, tapping edges together lightly. Fold opposite edge $\frac{1}{3}$ distance inward.
7. Brush generously with..... $\frac{1}{4}$ cup soft butter
8. Repeat folding, so dough is 9 thicknesses.
9. Place in refrigerator to chill for 1 hour.
10. Reroll to $\frac{1}{8}$ inch thickness, repeat folding and return to refrigerator to chill.
11. Roll the third time to $\frac{1}{8}$ inch thickness. Cut in strips about $1\frac{1}{2}$ inches wide and 3 inches long.
12. Place strips on cooky sheet, chill in refrigerator, and bake until golden brown.

Creole Chess Pie

TEMPERATURE 425°

TIME 30 MIN.

1. Beat together until fluffy..... { $\frac{1}{2}$ cup butter
1 cup sugar
3 eggs
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{2}$ tsp. nutmeg
2 tsp. vinegar
2. Add..... { 1 cup dates, cut fine
1 cup nuts, cut fine
 $\frac{1}{2}$ cup grated cocoanut
3. Turn into pastry-lined pan. Bake.

Peach Pie Supreme

TEMPERATURE 425°

TIME 45 to 55 MIN.

1. Line pyrex pie pan with..... Sweet pastry
2. Cut in eighths or leave in halves..... 4 to 6 peaches
Arrange in pastry-lined pan.
3. Mix together..... { $\frac{1}{2}$ to $\frac{2}{3}$ cup sugar
2 tbsp. flour
 $\frac{1}{8}$ tsp. cinnamon
4. Pour over peaches.... $\frac{1}{2}$ cup sour cream
5. Sprinkle with..... $\frac{1}{2}$ cup grated snappy cheese
6. Bake.

Pies and Pastry

Custard Pie

TEMPERATURE 425°

1. Line an 8 inch pie pan with pastry and crimp edges. Chill in refrigerator.
2. Beat slightly 3 eggs
3. Add $\begin{cases} \frac{1}{3} \text{ to } \frac{1}{2} \text{ cup sugar} \\ \frac{1}{2} \text{ tsp. salt} \\ \text{Dash nutmeg} \end{cases}$
4. Add 2 cups milk
Mix well.
5. Pour into pie shell and bake.
6. Remove from oven 5 min. before filling has cooked. It will finish cooking after removing from oven.
7. Add $\frac{1}{2}$ cup cocoanut for cocoanut custard

Pumpkin Pie

SERVES 6 9" PIE PLATE TEM. 425° TIME 45 MIN.

1. Line pie plate with Pastry

$$\begin{cases} 1 \text{ cup brown sugar} \\ \frac{1}{3} \text{ cup white sugar} \\ \frac{1}{4} \text{ tsp. cinnamon} \\ \frac{1}{4} \text{ tsp. ginger} \\ \frac{1}{4} \text{ tsp. salt} \\ 1 \text{ tsp. pumpkin spice} \\ 1\frac{3}{4} \text{ cups pumpkin} \\ 2 \text{ tbsp. molasses} \\ 2 \text{ eggs} \\ 1\frac{1}{4} \text{ cups milk} \\ \frac{1}{4} \text{ cup cream} \\ 1 \text{ tbsp. melted butter} \end{cases}$$
2. Mix
3. Add
4. Bake.

Lemon Meringue Pie

TEMPERATURE 375°

1. Combine $\begin{cases} 1\frac{1}{2} \text{ cups sugar} \\ \frac{1}{2} \text{ cup cornstarch} \\ \text{Grated rind of 2 lemons} \end{cases}$
2. Add 2 cups boiling water
Cook on high heat until mixture begins to thicken. Turn low and cook, stirring constantly for 5 minutes.
3. Add $\begin{cases} 4 \text{ egg yolks} \\ \frac{1}{3} \text{ cup lemon juice} \\ 1 \text{ tsp. butter} \end{cases}$
Cook for 5 minutes. Turn into a baked pie shell.
4. Cover with meringue of $\begin{cases} 4 \text{ egg whites} \\ \frac{1}{2} \text{ cup sugar} \\ \frac{1}{2} \text{ tsp. baking powder} \end{cases}$
5. Bake.

Apple Pie

TEMPERATURE 425°

1. Peel, core and slice apples to make 3 cups apples
2. Add $\begin{cases} \frac{3}{4} \text{ cup sugar} \\ \text{Juice of } \frac{1}{2} \text{ lemon} \\ 2 \text{ tbsp. flour} \\ \frac{1}{4} \text{ tsp. cinnamon} \end{cases}$
Allow to stand while rolling pastry.
3. Roll pastry, line pie pan and cut off edge. Add apples and dot with Butter
4. Cover with pastry.
5. Allow top crust to overlap lower crust $\frac{1}{2}$ inch thick—cut even with shears. Moisten lower edge to perfectly seal and fold top crust under lower. Crimp edges.
6. Bake.

Butterscotch Pie

TEMPERATURE 325°

1. Caramelize on low heat $\frac{1}{2}$ cup sugar
2. Add $\begin{cases} \frac{1}{4} \text{ cup water} \\ 4 \text{ tbsp. butter} \end{cases}$
Allow to dissolve.
3. Scald 1 $\frac{3}{4}$ cups milk
Add to caramel mixture.
4. Beat and add 3 egg yolks
5. Add $\begin{cases} 1 \text{ cup brown sugar} \\ \frac{1}{2} \text{ cup cornstarch} \\ \frac{1}{4} \text{ tsp. salt} \\ \frac{1}{4} \text{ cup cold milk} \end{cases}$
6. Add mixture to hot milk—cook until thickened—stirring constantly.
7. Pour into baked pie shell.
8. Cover with meringue. Bake.

Delicious Raisin Pie

TEMPERATURE 425°

1. Cook together. $\begin{cases} 2 \text{ cups raisins} \\ 2 \text{ tbsp. flour} \\ \frac{3}{4} \text{ cup sugar} \\ 2 \text{ tbsp. vinegar} \\ 1 \text{ cup water} \end{cases}$
Cool.
2. Add $\begin{cases} 2 \text{ cups chopped apples} \\ \frac{1}{4} \text{ tsp. cinnamon} \\ 1 \text{ tbsp. butter} \end{cases}$
3. Line pyrex pan with pastry. Fill with filling. Cover with pastry. Crimp edges and bake.

Hot Desserts

Steamed Chocolate Pudding

- SERVES 6 PUDDING PAN TIME 1 HR.
- Melt, on low heat $2\frac{1}{2}$ squares chocolate
 - Add $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ tbsp. butter} \\ \frac{3}{4} \text{ cup sugar} \end{array} \right.$
 - Mix well and add 1 egg
Beat thoroughly.
 - Sift together $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ cups flour} \\ 2\frac{1}{4} \text{ tsp. baking powder} \\ \frac{1}{8} \text{ tsp. salt} \end{array} \right.$
 - And add alternately with $\frac{3}{4}$ cup milk
 - Add 1 tsp. vanilla
 - Steam in buttered pudding pan.

Apricot Pudding

- SERVES 6 PUDDING PAN TIME 1½ HRS.
- Sift together $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ cups flour} \\ 1\frac{1}{2} \text{ tsp. baking powder} \\ \frac{1}{2} \text{ cup sugar} \\ \frac{1}{2} \text{ tsp. salt} \\ \frac{1}{3} \text{ tsp. mace} \\ \frac{1}{2} \text{ cup mashed, steamed apricots} \\ \frac{2}{3} \text{ cup milk} \\ \frac{1}{3} \text{ cup melted butter} \end{array} \right.$
 - Combine and add
 - Mix well.
 - Steam in buttered pudding pan.
 - Serve with apricot sauce made of $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ cups mashed, steamed apricots} \\ \frac{1}{2} \text{ cup sugar} \\ 2 \text{ tbsp. butter} \end{array} \right.$
 - Cook 8 to 10 minutes.

Orange and Apple Cobbler

- SERVES 6 CASSEROLE TEMP. 375° TIME 1 to 1¼ HRS.
- Pare and slice 4 to 6 apples
 - Add $\left\{ \begin{array}{l} 1 \text{ cup sugar} \\ \text{Juice of 1 orange} \\ \text{Rind of } \frac{1}{2} \text{ orange} \end{array} \right.$
 - Turn into a buttered casserole.
 - Make a soft dough of $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ cups flour} \\ 2 \text{ tsp. baking powder} \\ \frac{1}{2} \text{ tsp. salt} \\ 6 \text{ tbsp. shortening} \\ \frac{1}{2} \text{ to } \frac{2}{3} \text{ cup milk} \end{array} \right.$
 - Roll to $\frac{1}{2}$ inch thickness and cover the apples.
 - Sprinkle with 2 tbsp. sugar
 - Bake.

Apple Betty

- SERVES 6 CASSEROLE TEMP. 350° TIME 1 to 1½ HRS.
- Slice thinly 3 cups apples
 - Add $\left\{ \begin{array}{l} \text{Juice and rind of 1 lemon} \\ \frac{2}{3} \text{ to 1 cup sugar} \\ \frac{1}{2} \text{ tsp. cinnamon} \end{array} \right.$
 - Mix together.
 - Butter a casserole and alternate layers of apple mixture and 3 cups bread crumbs
 - Dot with Butter
 - Cover and bake.
 - Serve with lemon sauce or cream.

Delicious Apple Pudding

- SERVES 6 TEMP. 375° TIME 1 to 1¼ HRS.
- Pare and core 6 to 8 apples
 - Arrange in a buttered pudding dish.
 - Combine and work together until a crumb is formed $\left\{ \begin{array}{l} \frac{1}{3} \text{ cup flour} \\ \frac{2}{3} \text{ cup sugar} \\ \frac{1}{3} \text{ cup butter} \\ \frac{1}{2} \text{ tsp. cinnamon} \end{array} \right.$
 - Fill cavities of apples with crumb mixture and sprinkle remaining crumbs over top.
 - Add $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup water} \\ \frac{1}{4} \text{ cup orange juice} \end{array} \right.$
 - Bake and serve with custard sauce or cream.

Carrot Pudding

- SERVES 6 PUDDING PAN THRIFT COOKER TIME 1 HR.
- Cream gradually $\left\{ \begin{array}{l} 4 \text{ tbsp. shortening} \\ \frac{1}{2} \text{ cup brown sugar} \end{array} \right.$
 - Add and beat 1 egg
 - Add $\left\{ \begin{array}{l} 1 \text{ cup grated raw carrots} \\ \frac{1}{2} \text{ tsp. grated lemon rind} \\ 1 \text{ tsp. grated orange rind} \\ 1 \text{ tbsp. lemon juice} \end{array} \right.$
 - Stir until blended.
 - Add $\left\{ \begin{array}{l} 1\frac{3}{4} \text{ cups sifted cake flour} \\ \frac{1}{2} \text{ tsp. soda} \\ 1 \text{ tsp. baking powder} \\ \frac{1}{2} \text{ tsp. cinnamon} \\ \frac{1}{2} \text{ tsp. salt} \\ \frac{1}{2} \text{ tsp. cloves} \\ \frac{1}{2} \text{ cup seedless raisins} \end{array} \right.$
 - Steam. Serve with foamy sauce.



Hot Desserts

Cranberry Pudding

SERVES 8 8" SQUARE PAN TEMP. 375° TIME 1 HR.

1. Sift together..... { 2 cups flour
1 cup sugar
2 tsp. baking powder
1/2 tsp. salt
2. Add..... { 2 cups whole raw cranberries
1 cup milk
3 tbsp. melted butter
3. Mix well. Bake. Serve warm with butter sauce.

Prune Suet Pudding

SERVES 8
PUDDING PAN THRIFT COOKER TIME 1 1/2 HRS.

1. Sift together..... { 1 cup flour
1/2 tsp. soda
2. Add..... { 1/2 cup suet
1/3 cup walnuts
2/3 cup prunes—chopped
2 tbsp. orange peel
3. Mix and add to the above..... { 1 egg
1/2 cup milk
1/2 cup molasses
4. Steam.
5. Serve with a vanilla sauce.

Date Drop Pudding

SERVES 6 9" SQUARE PAN TEMP. 375° TIME 1 HR.

1. Mix and boil for 10 minutes..... { 2 cups brown sugar
3 tbsp. butter
3 cups boiling water
2. Pour into 9" sq. baking pan.
3. Mix..... { 1/2 cup milk
1 tsp. vanilla
2 tbsp. melted butter
4. Add..... { 1 1/4 cups flour
1/2 cup sugar
3 tsp. baking powder
1/4 tsp. salt
5. Lastly add..... { 1 cup dates cut
3/4 cup chopped walnuts
6. Mix thoroughly. Drop by spoonfuls into hot syrup.
7. Serve with..... Whipped cream

Gum Drop Pudding

SERVES 6 PUDDING PAN TIME 1-1/2 HRS.

1. Measure, mix and sift..... { 1/2 tsp. allspice
1/2 tsp. nutmeg
1/2 tsp. cinnamon
2 cups flour
2 tsp. baking powder
2. Cream..... 2 tbsp. butter
3. Add..... 1 cup brown sugar
4. Add—alternately..... Sifted dry ingredients
And..... 2 cups milk
5. Add..... { 1 cup seedless raisins
1 cup nutmeats (English walnuts or pecans)
1 doz. gumdrops (assorted colors)
6. Place in a pudding pan to steam with cooker meal.

English Plum Pudding

SERVES 12 2 MOLDS TEMP. 250° TIME 6 to 8 HRS.

1. Cut finely..... { 1/4 lb. citron
1/2 lb. figs
2. Add..... { 2 cups currants
1 lb. raisins
3. Grind..... 2 cups suet
4. Add..... 2 cups sugar
5. Sift and measure.... 1 cup flour
Add..... { 4 cups bread crumbs
1 tsp. cloves
1 tsp. cinnamon
2 tsp. cream of tartar
6. Beat and add..... 7 eggs
7. Add fruits and mix.
8. Add..... 1 cup whiskey or wine
9. Mix thoroughly and allow to stand over night.
10. In morning add... { 1 cup milk
1 tsp. soda
11. Pour into well greased molds—Steam or bake in oven.
12. Serve with hard sauce.

Frozen Desserts

Fresh Peach Ice Cream

SERVES 6 TIME: APPROXIMATELY 2 to 3 HRS.

- Mash thoroughly 2 cups fresh peach pulp
- Add $\left\{ \begin{array}{l} \frac{3}{4} \text{ cup sugar} \\ \text{Juice 1 lemon} \end{array} \right.$

When thoroughly mixed, pour into ice cube tray, place in Super-Freezer. Freeze to a mushy consistency.

- Beat $\left\{ \begin{array}{l} 2 \text{ egg whites} \\ 2 \text{ tbsp. sugar} \end{array} \right.$
- Add 2 egg yolks, well beaten
- Whip 1 cup cream
- Combine carefully whipped cream and egg mixture. Add frozen peach pulp; return to Super-Freezer to continue freezing.

NOTE: Strawberries or other fresh fruits may be substituted for peaches.

Chocolate Ice Cream

SERVES 6 TIME: APPROXIMATELY 2 to 3 HRS.

- Melt 1½ squares unsweetened chocolate
- Add 2 cups scalded milk
- Mix $\left\{ \begin{array}{l} 1 \text{ tbsp. cornstarch} \\ \frac{2}{3} \text{ cup sugar} \\ \frac{1}{8} \text{ tsp. salt} \end{array} \right.$
- Add to chocolate mixture and cook until thickened, stirring constantly. Cool.
- Pour in ice cube trays and place in Super-Freezer. Freeze to mushy consistency. Remove.
- Add $\left\{ \begin{array}{l} 1 \text{ cup cream,} \\ \text{whipped} \\ 1\frac{1}{2} \text{ tsp. vanilla} \end{array} \right.$
- Return to Super-Freezer—continue freezing.

Nela Ice Cream

SERVES 12 TIME: APPROXIMATELY 4 to 5 HRS.

- Beat 2 egg whites
- Continue to beat, adding $\left\{ \begin{array}{l} 2 \text{ tbsp. cornstarch} \\ \frac{1}{4} \text{ cup sugar} \end{array} \right.$
- Add the 2 egg yolks and beat for 5 min.
- Whip 1 pt. coffee cream
- Fold in egg mixture.
- Add 1 tbsp. vanilla
- Pour into dessert tray and place in Super-Freezer to freeze without stirring.

Vanilla Ice Cream

SERVES 6 TIME: APPROXIMATELY 2 to 3 HRS.

- Soak 5 minutes $\left\{ \begin{array}{l} 1 \text{ tbsp. gelatin} \\ \frac{1}{4} \text{ cup cold water} \end{array} \right.$
- Boil to thick syrup $\left\{ \begin{array}{l} 1 \text{ cup sugar} \\ \frac{1}{2} \text{ cup water} \end{array} \right.$
- Add gelatin mixture to syrup—allow to cool.
- Beat 4 eggs
- Add to syrup mixture and beat thoroughly.
- Add 2 cups milk
- Place mixture in ice cube tray, place in Super-Freezer—freeze until mushy consistency.
- Whip $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ cups cream} \\ 2 \text{ tsp. vanilla} \end{array} \right.$
- Add to above mixture, return to Super-Freezer to continue freezing.

Chocolate Candy Ice Cream

SERVES 6 TIME: APPROXIMATELY 2 to 3 HRS.

- Mix $\left\{ \begin{array}{l} \frac{3}{4} \text{ cup prepared} \\ \text{chocolate syrup} \\ 2 \text{ tsp. confectioners'} \\ \text{sugar} \\ 1 \text{ tsp. vanilla} \end{array} \right.$
- Pour in ice cube tray, and cool thoroughly.
- Whip 2 cups cream
- Add to chocolate mixture.
- Break into small pieces 1 bar chocolate nut candy
- Fold into above mixture; return tray to Super-Freezer—continue freezing.

Philadelphia Ice Cream

SERVES 6 TIME: APPROXIMATELY 2 to 3 HRS.

- Soak for 5 minutes $\left\{ \begin{array}{l} 2 \text{ tsp. gelatin} \\ \frac{1}{4} \text{ cup cold water} \end{array} \right.$
- Dissolve in 2 cups scalded milk
- Add 1 cup sugar
Stir until sugar is dissolved.
- Chill and add 1 tbsp. vanilla
Pour into refrigerator tray and freeze to mush.
Remove and place in bowl and
- Fold in $\left\{ \begin{array}{l} 1 \text{ pt. cream,} \\ \text{whipped} \\ \text{Pinch of salt} \end{array} \right.$
- Return to tray and freeze.

Frozen Desserts

Caramel Ice Cream

SERVES 6 TIME: APPROXIMATELY 2 to 3 HRS.

1. Scald..... 2 cups milk
2. Caramelize..... $\frac{3}{4}$ cup sugar
(To caramelize sugar, put sugar into a heavy saucepan, turn on low heat; stir constantly until sugar is melted and brown in color.)
3. Add to milk, stirring constantly.
4. Add..... $\begin{cases} 1 \text{ tbsp. cornstarch} \\ \frac{1}{8} \text{ tsp. salt} \\ 2 \text{ tbsp. cold milk} \end{cases}$
Stir mixture until thickened. Cool. Pour into ice cube tray. Place in Super-Freezer. Freeze until a mushy consistency.
5. Whip..... $\begin{cases} 1 \text{ cup cream} \\ 1\frac{1}{2} \text{ tsp. vanilla} \end{cases}$
6. Add to caramel mixture. Return to Super-Freezer and continue freezing.

Pumpkin Ice Cream

SERVES 6 TIME: APPROXIMATELY 2 to 3 HRS.

1. Beat slightly..... 1 egg yolk
2. Combine with..... $\begin{cases} 1 \text{ cup cooked pumpkin (strained)} \\ \frac{1}{2} \text{ cup milk} \\ \frac{3}{4} \text{ cup sugar} \\ \frac{1}{2} \text{ tsp. vanilla} \\ \frac{1}{4} \text{ tsp. cinnamon} \\ \frac{1}{8} \text{ tsp. cloves} \\ \frac{1}{8} \text{ tsp. salt} \end{cases}$
3. Stir at intervals while beating until dry..... 1 egg white
4. Add (to make meringue)..... 1 tbsp. sugar
5. Chill until nearly frozen..... 1 cup coffee cream
6. Beat cream until thick as custard. Add egg white and cream to pumpkin mixture, blend. Pour into dessert tray and freeze without stirring.

Frozen Grape Sticks

1. Mix..... 1 pt. bottle grape juice
With..... 1 cup water
2. Pour into a quick ice cube tray with insert. Freeze to a thick mush, then insert a stick in each cube. Freeze.

Frozen Custard

SERVES 6 TIME: APPROXIMATELY 2 $\frac{1}{2}$ to 3 HRS.

1. Scald in sauce pan... 1 pt. milk
2. Mix together and add..... $\begin{cases} \frac{1}{2} \text{ cup sugar} \\ 2 \text{ tbsp. flour} \\ 3 \text{ egg yolks} \\ \frac{1}{4} \text{ tsp. salt} \end{cases}$
Cook on low heat until thick.
3. Fold in..... $\begin{cases} 3 \text{ egg whites, beaten stiff with} \\ 3 \text{ tbsp. sugar} \\ 2 \text{ tsp. vanilla} \end{cases}$
4. Place in refrigerator tray. Put in Super-Freezer and freeze.

Variations

1. **Pineapple Ice Cream:** Add 1 cup crushed pineapple to custard. Freeze to a mush and fold in cream. Continue to freeze.
2. **Cocoanut Ice Cream:** Fold in 1 cup of freshly grated cocoanut.
3. **Lemon Custard:** Add 4 tbsp. lemon juice and 1 tsp. of rind to the hot custard. Omit the vanilla.

Vanilla Mousse

SERVES 6 TIME: APPROXIMATELY 2 to 3 HRS.

1. Soak..... $\begin{cases} 1 \text{ tsp. gelatin} \\ 2 \text{ tbsp. cold water} \end{cases}$
2. Heat..... 1 cup milk
3. Add soaked gelatin.
4. Add..... $\begin{cases} \frac{1}{2} \text{ cup sugar} \\ \frac{1}{8} \text{ tsp. salt} \end{cases}$
5. Cool mixture, turn into ice cube tray, place in Super-Freezer until mushy consistency.
6. Remove to bowl and beat until frothy.
7. Whip..... $\begin{cases} 1 \text{ cup cream} \\ 2 \text{ tsp. vanilla} \end{cases}$
8. Fold into above mixture; return to tray, place in Super-Freezer, continue freezing.

Variations

1. Use one-half cup finely crushed cream mint candies, or peppermint sticks, instead of the sugar.
2. Tint a delicate green, serve with chocolate sauce.

Frozen Desserts

Lime Sherbet

- SERVES 6 TIME: APPROXIMATELY 3 to 4 HRS.
1. Soak..... { 1 tbsp. gelatin
2 tbsp. water
 2. Boil together 10 { $\frac{3}{4}$ cup sugar
minutes..... { 1 $\frac{1}{2}$ cups water
 3. Dissolve soaked gelatin in hot syrup and cool.
 4. Add..... { $\frac{1}{4}$ cup fresh lime
juice
 $\frac{1}{2}$ cup orange juice
2 tbsp. lemon juice
 $\frac{1}{8}$ tsp. green coloring
 $\frac{1}{8}$ tsp. salt
 5. Pour mixture in ice cube tray, place in Super-Freezer; freeze to a mush.
 6. Remove to a bowl, add unbeaten egg whites, whip together until light and fluffy.
 7. Return to Super-Freezer until frozen solidly.

Cranberry Sherbet

- SERVES 6 TIME: APPROXIMATELY 2 to 3 HRS.
1. Cook together 10 { 4 cups cranberries
minutes..... { 1 cup boiling water
 2. Add..... { 2 cups sugar
 $\frac{1}{2}$ cup orange juice
 $\frac{1}{8}$ tsp. salt
 3. Run through sieve and cool.
 4. Partially freeze in ice cube tray.
 5. Add..... 2 egg whites
 6. Beat one minute.
 7. Return to Super-Freezer and freeze until firm.
 8. Serve in orange shells.

Lemon Cream Sherbet

- SERVES 6 TIME: APPROXIMATELY 2 to 3 HRS.
1. In..... 1 pt. milk
Dissolve..... 1 cup sugar
When thoroughly dissolved—
 2. Add..... { Grated rind of 1
lemon
Juice of 2 lemons
 3. Stir while adding lemon juice.
Turn into tray and freeze until firm.
 4. Beat..... 2 egg whites
 5. Add..... 2 tbsp. sugar
 6. Whip to a thick custard consistency..... $\frac{1}{2}$ pt. cream
 7. Combine with the beaten egg whites. Add frozen mixture and mix lightly. Return to tray and freeze. (Requires no stirring.)
 8. Serve garnished with..... Sprig of mint

Red Raspberry Sherbet

- SERVES 6 TIME: APPROXIMATELY 2 to 3 HRS.
1. Cook together 5 { 1 cup sugar
minutes..... { 2 cups water
 2. Add..... 1 pkg. raspberry prepared gelatin
 3. Dissolve thoroughly and cool until mixture begins to thicken.
 4. Wash and drain and put through a sieve..... 1 qt. red raspberries or 1 can red raspberries
 5. Add..... Juice—1 lemon,
 $\frac{1}{2}$ orange
 6. Pour into ice cube tray, place in Super-Freezer 1 $\frac{1}{2}$ hours. Remove mixture to chilled bowl and beat 2 minutes. Return to tray and freeze until firm.

Butterscotch Parfait

- SERVES 6 TIME: APPROXIMATELY 2 to 3 HRS.
1. Melt together..... { $\frac{2}{3}$ cup brown sugar
2 tbsp. butter
 2. Stir until butter is melted—cool for 1 minute.
 3. Add..... $\frac{1}{2}$ cup water
 4. Cook until butterscotch is smooth and syrupy.
 5. Beat..... 4 egg yolks
 6. Add butterscotch syrup, continue beating. Cook on low heat until light and fluffy.
 7. Chill.
 8. Whip..... { 1 cup cream
2 tsp. vanilla
 $\frac{1}{8}$ tsp. salt
 9. Fold into above mixture and pour into ice cube tray. Place into Super-Freezer to freeze.

Maple Frango

- SERVES 6 TIME: APPROXIMATELY 2 to 3 HRS.
1. Mix together..... { $\frac{3}{4}$ cup maple syrup
scalded
 $\frac{1}{8}$ tsp. salt
1 tsp. powdered sugar
 2. Beat..... 3 egg yolks
 3. Pour syrup mixture over egg yolks beating constantly. Cook over low heat 30 minutes. Stir, and cool.
 4. Whip..... 3 egg whites
 5. Fold into egg mixture.
 6. Whip..... 1 $\frac{1}{2}$ cups cream
 7. Fold into mixture. Pour into ice cube tray. Place in Super-Freezer. Freeze until right consistency to serve.

Chilled Desserts

English Trifle Cake

SERVES 10

1. Bake.....
LARGE ANGEL CAKE TIN
1 Sunshine or angel food cake
Allow to cool. (Bake a day in advance.)
2. Make.....
1½ cups custard
Flavored with.....
¼ cup wine
3. Slice cake through the center, making 3 layers.
4. Arrange first layer on large plate.
5. Moisten with.....
Pineapple juice
Jam or jelly
6. Spread with.....
Custard
Pineapple wedges
Chopped almonds
7. Place another layer of cake on top of this and repeat.
8. When the third layer is placed on, moisten with pineapple juice. Using in all..
1 can sliced pineapple
½ cup jam or jelly
1 cup chopped almonds
9. Place in refrigerator and chill for several hours.
10. When ready to serve frost the cake with.... Whipped cream
11. Garnish with.....
Pineapple
Cherries and
almonds

Lemon Chiffon Pie

SERVES 6 to 8

1. Soak.....
9" PIE SHELL
1 tbsp. gelatin
In.....
½ cup cold water
2. Beat until light.....
4 egg yolks
3. Add.....
¼ cup sugar
¼ cup lemon juice
½ tsp. lemon rind
4. Continue to beat. When very light cook with heat turned low, stirring until of custard consistency.
5. Add soaked gelatin and dissolve.
6. Cool. When cool add.....
4 egg whites
(beaten)
7. To which has been added.....
¼ cup of sugar
¼ cup lemon juice
½ tsp. lemon rind
8. Fill baked pie shell and chill.
9. Serve with.....
Thin layer of whipped cream

Apricot Refrigerator Cake

SERVES 10

1. Make a.....
SPRING FORM PAN
Jelly roll
2. Spread roll with.....
Apricot jam
3. Roll and allow to stand in refrigerator 2 or 3 hours.
4. Soak.....
1½ tbsp. gelatin
In.....
½ cup cold water
5. Dissolve gelatin.
6. Put through a sieve.....
2 cups cooked apricots
1 cup sugar
1 tsp. grated orange rind
Juice ½ lemon
Juice ½ orange
7. Add.....
1. Fold in dissolved gelatin.
2. Slice Jelly roll and arrange slices around sides of pan.
3. Pour apricot mixture into pan.
4. Place in refrigerator to congeal.
5. Garnish with.....
Whipped cream
and
Apricot sections

Floating Island

SERVES 6

SAUCEPAN

TIME 12 to 15 MIN.

1. Beat slightly.....
3 egg yolks
2. Add.....
¼ cup sugar
½ tsp. salt
3. Gradually add to the eggs, stirring constantly.....
2 cups scalded milk
4. Cook with switch turned to cook and continue stirring until mixture coats a spoon.
5. Cool and add.....
1 tsp. vanilla
6. Beat until stiff.....
3 egg whites
7. Adding.....
3 tbsp. powdered sugar
8. During last part of beating—
Arrange this meringue in "islands" on the custard. A little jelly, or rubettes, may be placed in center of each "island." Serve cold.

Chilled Desserts

Chocolate Surprise Cake

SERVES 8 to 10

1. Line a deep ring mold with waxed paper.
Line bottom and sides with..... 2 doz. lady fingers
Place round side up.
2. Melt..... $\frac{1}{2}$ lb. sweet chocolate
3. Add..... { 4 tbsp. sugar
 4 tbsp. water
 4 egg yolks, beaten
4. Cook until smooth, stirring constantly.
5. Cool.
6. Add..... 1½ tsp. vanilla
7. Fold in..... 4 egg whites, beaten
8. Pour $\frac{1}{2}$ mixture into pan.
9. Put another layer of lady fingers over chocolate mixture and add remainder of filling.
10. Cover with waxed paper and place in refrigerator cabinet for several hours.
11. When ready to serve, remove from pan and fill center with..... 1 cup cream, whipped
12. Sprinkle with chocolate shot or chopped nuts. Top with red raspberries.

Sherry Almond Pudding

SERVES 6

- MELON MOLD
1. Soak..... 1½ tbsp. gelatin
In..... $\frac{1}{4}$ cup cold water
2. Dissolve in..... 1 cup hot water
3. Cool and add..... { $\frac{1}{3}$ cup Sherry wine
 $\frac{1}{4}$ tsp. salt
4. When mixture begins to thicken, beat until frothy.
5. Beat until stiff..... 6 egg whites
6. Add..... 1¼ cups sugar
Beat until creamy.
7. Fold egg whites and { 1 cup whipped
 cream
 $\frac{1}{2}$ tsp. almond extract
Into beaten gelatin and chill until almost firm.
8. Fill a melon mold—alternating the egg mixture with..... 1 cup shredded almonds
9. Chill. Unmold on plate and garnish with..... { Shredded almonds
 Toasted cocoanut
10. Serve with whipped cream.

Black Bottom Pie

6 to 8 PORTIONS

TEMPERATURE 300°

9" PIE PLATE

TIME 30 MIN.

1. Roll into fine crumbs . . . 35 old fashioned ginger snaps
2. Add and mix $\frac{1}{2}$ cup melted butter
3. Pat into a pie plate and bake.

Foundation Filling

1. Soak..... { 1 tbsp. gelatin
 2 tbsp. cold water
2. Scald..... 2 cups milk
3. Mix and add..... { $\frac{1}{2}$ cup sugar
 1½ tbsp. cornstarch
4. Beat and add..... 4 egg yolks
5. Cook slowly until thickened.

Chocolate Filling

1. To 1 cup custard add..... { 1½ squares chocolate
 melted
 1 tsp. vanilla
2. Pour into pie plate.

Rum Filling

1. Add to remaining hot custard the soaked gelatin.
2. Allow to cool—not stiffen.
3. Beat..... 4 egg whites
 { $\frac{1}{4}$ tsp. cream of tartar
 2 tps. rum extract
 ½ cup sugar
4. Add..... { 2 tps. rum extract
 ½ cup sugar
5. Fold meringue into custard, and pour into pie plate.
6. Whip..... 1 cup whipping cream
7. Add..... 2 tbsp. sugar
8. Cover top of pie.
9. Sprinkle over top..... $\frac{1}{2}$ sq. grated chocolate
10. Store in refrigerator until firm in 9-inch deep Pyrex pie plate.

Apple Butter Roll

SERVES 6

1. Whip stiff..... 1 cup whipping cream
2. Fold in..... $\frac{1}{2}$ cup apple butter
3. Spread between..... 1 box vanilla wafers
4. Frost with remaining and store in refrigerator.

Dessert Sauces

Foundation Recipe for Dessert Sauce

SAUCEPAN

	TIME 8 to 10 MIN.
1. Mix together	$\left\{ \begin{array}{l} \frac{1}{2} \text{ cup sugar} \\ 1 \text{ tbsp. cornstarch} \\ \frac{1}{8} \text{ tsp. salt} \end{array} \right.$
2. Gradually add	1 cup boiling water
3. Cook with switch turned to low position until thick, stirring constantly.	
4. Add	$\left\{ \begin{array}{l} 1 \text{ egg yolk} \\ 2 \text{ tbsp. butter} \end{array} \right.$
5. Cook for 3 minutes.	
6. Add	$\left\{ \begin{array}{l} 1 \text{ egg white beaten} \\ 1 \text{ tsp. vanilla} \end{array} \right.$

Variations

Lemon Sauce: Add to the foundation sauce, 2 tbsp. lemon juice and 1 tsp. of grated rind. Omit the vanilla.

Nutmeg Sauce: Add to the foundation sauce $\frac{1}{2}$ to $\frac{3}{4}$ tsp. nutmeg.

Chocolate Sauce: Add to the foundation sauce 1 square of grated chocolate.

Raisin Nut Sauce: To the foundation recipe add $\frac{1}{2}$ cup raisins and nuts, cut fine, and 1 tsp. orange rind.

Foamy Orange Sauce

MIXING BOWL

TIME 1 to 2 MIN.

1. Beat until stiff	3 egg whites
2. Add gradually	1 cup powdered sugar
3. Beat thoroughly.	
4. Add	$\left\{ \begin{array}{l} \text{Juice 1 orange} \\ \text{Juice 1 lemon} \\ \text{Rind of 1 orange} \end{array} \right.$
5. Mix thoroughly.	

Custard Sauce

SAUCEPAN

TIME 8 to 10 MIN.

1. Scald	$1\frac{3}{4}$ cups milk
2. Beat	3 egg yolks
3. Add mixed together	$\left\{ \begin{array}{l} 1 \text{ tbsp. cornstarch} \\ \frac{1}{3} \text{ cup sugar} \\ \frac{1}{4} \text{ tsp. salt} \end{array} \right.$
4. Add	$\frac{1}{4}$ cup milk
5. Add egg mixture to scalded milk, continue cooking on low heat until thick, or coating forms on spoon. Cool.	
6. Add	1 tsp. vanilla

Butter Sauce

SAUCEPAN

1. Melt $\frac{1}{2}$ cup butter
2. Add 1 cup sugar
3. Add $\frac{3}{4}$ cup cream
4. Bring to boil on high heat. Turn unit off and cook 10 min. on stored heat.

NOTE: Brown sugar may be substituted for the white sugar.

Fudge Sauce

SAUCEPAN

1. Cut finely 2 squares chocolate (or use $\frac{1}{2}$ cup cocoa)
2. Add 1 cup water
3. Cook until thoroughly dissolved.
4. Add $\left\{ \begin{array}{l} 2 \text{ cups sugar} \\ \frac{1}{8} \text{ tsp. salt} \\ 2 \text{ tbsp. butter} \end{array} \right.$
5. Cook five minutes.
6. Add 2 tsp. vanilla

Butterscotch Sauce

SAUCEPAN

TIME 10 to 12 MIN.

1. Cook together $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup sugar} \\ \frac{1}{2} \text{ cup brown sugar} \\ 2 \text{ tbsp. corn syrup} \\ \frac{1}{4} \text{ cup cold water} \end{array} \right.$
2. Cook on low heat until a little dropped in cold water becomes quite brittle (260° F.). Remove from heat.
3. Add $\left\{ \begin{array}{l} 1\frac{1}{2} \text{ tbsp. butter} \\ \frac{1}{4} \text{ cup hot water} \\ \frac{1}{2} \text{ tsp. vanilla} \end{array} \right.$

Hard Sauce

FLAT PAN

1. Cream $\frac{1}{3}$ cup butter
2. Add and mix 1 cup confectioners' sugar
3. Add 1 tsp. vanilla flavoring
4. Pack into a small pan and place in the refrigerator until very firm.

Variations

1. Add 1 tsp. rum for added flavor.
2. Add lemon rind.
3. Add a dash nutmeg.
4. Add a sprinkle of cinnamon.
5. Cream may be added, with more sugar to make more sauce.

Breads

Yeast Bread

- THREE 2-LB. BREAD TINS YIELD: 6 LBS.
 TEMP. 400° TIME 45 MIN. to 1 HR.
1. In..... $\frac{1}{2}$ cup milk
 2. Dissolve..... 2 yeast cakes
 3. Scald..... 2 cups milk
Cool until lukewarm.
 4. Add..... $\begin{cases} \frac{2}{3} \text{ cups water dissolved yeast} \\ \frac{1}{4} \text{ cup sugar} \\ \frac{1}{3} \text{ cup melted shortening} \\ 4 \text{ cups flour} \end{cases}$
 5. Beat vigorously one to two minutes.
 6. Cover and allow to rise $\frac{1}{2}$ hr. This aids in producing a fine textured bread.
 7. After 30 minutes, $\begin{cases} 1\frac{1}{2} \text{ tbsp. salt} \\ \text{add..... } 8 \text{ to 10 cups flour} \end{cases}$
 8. Knead until elastic to touch.
 9. Cover and let rise until double in bulk.
 10. Shape into loaves.
 11. Let rise double in bulk.
 12. Brush with milk and bake.

NOTE: If recipe is doubled 12 lbs. bread can be baked at one time. At end of 30 min. change position of bread on shelves for even browning and bake 30 minutes longer.

Holland Rolls

- SERVES 8 COOKY SHEET TEMP. 425° TIME 20 MIN.
1. Dissolve..... 2 yeast cakes
 2. In..... $\frac{1}{2}$ cup warm water
 3. Scald..... $1\frac{1}{3}$ cups milk
 4. Cool to lukewarm.
 5. Add..... $\begin{cases} 4 \text{ tbsp. sugar} \\ \frac{2}{3} \text{ tsp. salt} \\ 2 \text{ eggs} \end{cases}$
 6. Add and mix..... 4 cups flour
 7. Turn out into a bowl and place in warm place to rise about 1 hour.
 8. Turn out on a well floured board.
 9. Fold over with a bit of flour, then pat out to $\frac{1}{2}$ inch thick.
 10. Spread with..... $1\frac{1}{2}$ cups creamed butter
 11. Fold over and pat out four times. Roll to $\frac{1}{4}$ inch thick. Cut into strips and twist each strip. Place on a cooky sheet. Brush with melted butter. Let raise one hour or until light. Dough may be rolled into six inch diameter rounds. Cut into pie shape pieces. Roll starting with large end.

NOTE: Cheese rolls may be made by inserting a small strip of cheese on pie shape piece and roll.

Butter Flake Rolls

- MUFFIN TINS TEMP. 425° TIME 15 to 20 MIN.
1. Crumble..... 2 yeast cakes
 2. Add..... $\begin{cases} \frac{1}{4} \text{ cup sugar} \\ 1\frac{1}{2} \text{ cups lukewarm milk} \\ \frac{1}{2} \text{ cup melted butter} \end{cases}$
 3. Sift and measure..... 4½ cups flour
 4. Add..... $\begin{cases} \frac{1}{2} \text{ tsp. soda} \\ 1 \text{ tsp. salt} \end{cases}$
 5. Add yeast mixture to flour and beat vigorously. Set aside to rise double in bulk.
 6. Roll to $\frac{1}{4}$ inch thickness. Cut in 2 inch strips.
 7. Brush with..... Melted butter
 8. Pile 5 or 6 buttered strips together. Cut in squares. Place in well greased buttered muffin tins. Let rise until light.
 9. Bake.

Refrigerator Rolls

- MED-SIZED MUFFIN TINS YIELD: 18 SMALL ROLLS
 TEMPERATURE 425° TIME 15 to 25 MIN.
1. Scald..... 1 cup milk
 2. Dissolve..... $\begin{cases} 1 \text{ yeast cake} \\ 1 \text{ tbsp. sugar} \end{cases}$
In..... $\frac{1}{4}$ cup scalded milk cooled to lukewarm temperature.
 3. To remaining $\frac{3}{4}$ cup milk add..... $\begin{cases} 1 \text{ tsp. salt} \\ 5 \text{ tbsp. lard} \end{cases}$
 4. Combine mixture and add about..... 4 cups flour beating in electric mixer.
 5. If dough is to be used immediately, turn out on floured board and knead, adding necessary flour. Then form into rolls and allow to double in bulk. Bake.
 6. If dough is to be stored in refrigerator, cover with waxed paper after adding first four cups of flour and store.

Variations

Swedish Coffee Ring: Roll refrigerator dough $\frac{1}{2}$ inch thick, brush with butter, sprinkle generously with nuts and brown sugar. Roll as jelly roll. Shape into ring or ring mold. Garnish with raisins, cherries, nuts and brown sugar. Allow to rise and bake.

Nut and Prune Buns: To the refrigerator rolls, add $\frac{1}{2}$ cup chopped nuts and 1 cup prunes, cut fine, 1 tsp. baking powder. Make into buns, allow to rise, sprinkle with cinnamon sugar and bake 20 minutes at 425°.

Breads

Honey Twist Coffee Cake

- SERVES 6
 9" CAKE PAN TEMP. 375° TIME 25 to 30 MIN.
- Scald..... 1 cup milk
 - Add..... $\begin{cases} \frac{1}{4} \text{ cup butter} \\ \frac{1}{2} \text{ cup sugar} \\ 1 \text{ tsp. salt} \end{cases}$
 - Cool to lukewarm.
 - Crumble and add... 2 cakes compressed yeast
 - Add..... 2 eggs well beaten
 - Beat in to make a soft dough..... 5 cups sifted flour (about)
 - Knead until smooth. Form into a ball, place in a greased bowl, cover and let rise until double in bulk. Form into a long roll about 1 inch in diameter. Coil the roll into a greased 9 inch cake pan, beginning at the outside edge and covering the bottom.
 - Cream together.. $\begin{cases} \frac{1}{4} \text{ cup butter} \\ \frac{2}{3} \text{ cup confectioners' sugar} \\ 1 \text{ egg white} \\ 2 \text{ tbsp. honey} \end{cases}$
 - Spread over twist in pan.
 - Sprinkle with..... $\frac{1}{2}$ cup chopped nuts
 - Bake.

Quick Coffee Cake

- 9" SQUARE PAN TEMP. 400° TIME 20-30 MIN.
- Sift together..... $\begin{cases} 2\frac{1}{2} \text{ cups flour} \\ 4 \text{ tsp. baking powder} \\ \frac{1}{2} \text{ tsp. salt} \\ \frac{1}{3} \text{ cup sugar} \end{cases}$
 - Add..... $\frac{2}{3} \text{ cup raisins}$
 - Combine and add to above mixture.. $\begin{cases} 1 \text{ egg} \\ \frac{1}{3} \text{ cup melted fat} \\ 1 \text{ cup milk} \end{cases}$
 - Mix well.
 - Turn into buttered pan, 9 inches square. Sprinkle liberally with cinnamon and sugar.

Banana Bread

- BREAD PAN TEMP. 350° TIME 50-60 MIN.
- Cream together... $\begin{cases} \frac{1}{2} \text{ cup shortening} \\ 1 \text{ cup sugar} \end{cases}$
 - Add, one at a time and beat well..... 2 eggs
 - Add..... $\begin{cases} 2 \text{ bananas crushed} \\ \frac{1}{4} \text{ cup nutmeats} \\ 2 \text{ cups bread flour sifted with} \\ 1 \text{ tsp. soda} \\ 1 \text{ tsp. salt} \end{cases}$
 - Bake. Pan should be well oiled.

Orange Nut Bread

- BREAD TIN TEMPERATURE 350°
- YIELD: 1—2-LB. LOAF TIME 50 to 60 MIN.
- Sift together..... $\begin{cases} 4 \text{ cups flour} \\ 1\frac{1}{4} \text{ cups sugar} \\ 4 \text{ tsp. baking powder} \\ \frac{1}{2} \text{ tsp. salt} \end{cases}$
 - Add..... $\begin{cases} 1\frac{1}{4} \text{ cups nut meats} \\ 1\frac{1}{4} \text{ cups orange peel, cut fine} \end{cases}$
 - Beat..... 2 eggs
 - Add..... $\begin{cases} 2 \text{ cups milk} \\ 4 \text{ tbsp. melted shortening} \end{cases}$
 - Mix together well.
 - Turn into buttered bread pan and bake.

Nut Bread

- BREAD TIN TEMPERATURE 350°
- YIELD: 1—2-LB. LOAF TIME 50 to 60 MIN.
- Sift together..... $\begin{cases} 3 \text{ cups flour} \\ 6 \text{ tsp. baking powder} \\ 1\frac{1}{4} \text{ tsp. salt} \\ \frac{1}{3} \text{ cup sugar} \end{cases}$
 - Add..... $\begin{cases} 1 \text{ cup chopped nuts} \\ 1\frac{1}{2} \text{ cups milk} \\ \frac{1}{3} \text{ cup melted shortening} \\ 1 \text{ egg} \end{cases}$
 - Mix together thoroughly.
 - Pour into buttered bread pan and bake.

Harvest Bread

- | 1 LOAF | LOAF PAN | TEMP. 375° TIME 1 HR. |
|--|----------|--|
| 1. Sift..... | | $\begin{cases} 2 \text{ cups flour} \\ 4 \text{ tsp. baking powder} \\ \frac{3}{4} \text{ cup sugar} \\ \frac{1}{4} \text{ tsp. salt} \end{cases}$ |
| 2. Add..... | | $\begin{cases} \frac{1}{4} \text{ cup chopped candied citron} \\ \frac{1}{4} \text{ cup currants} \\ 2 \text{ tbsp. chopped candied cherries} \\ 2 \text{ tbsp. chopped candied lemon peel} \\ \frac{1}{2} \text{ cup chopped nuts} \end{cases}$ |
| 3. Beat..... | | 2 eggs |
| 4. Combine with.... | | $\begin{cases} 1 \text{ cup milk} \\ 3 \text{ tbsp. melted shortening} \end{cases}$ |
| 5. Add the combined liquids to flour mixture and stir just enough to moisten the flour. Pour into well greased loaf pan. | | |



Breads

Raisin Bread

BREAD PAN	TEMP. 350°	TIME 50-60 MIN.
1. Mix together	{ ½ cup sugar ½ cup molasses 1 tsp. salt 3 cups whole wheat flour 1 cup white flour 2 cups sour or buttermilk 1 tsp. baking soda 1 cup raisins	
2. Pour into three No. 2 round tin cans which have been well greased.		

Prune Bread

BREAD PAN	TEMP. 350°	TIME 50-60 MIN.
1. Cream.....	{ 1 tbsp. shortening 1 cup sugar	
2. Add.....	1 egg	
3. Add.....	{ 1 cup quartered prunes (which have been steamed in 1 cup water) 2 cups flour 1 cup whole bran ½ tsp. salt ½ tsp. soda 6 tsp. baking powder 1 cup sour milk ½ cup prune juice	
4. Sift together.....		
5. Mix.....		
6. Add alternately dry ingredients and liquids to first mixture.		
7. Mix thoroughly.		
8. Add.....	1 cup nut meats	
9. Pour into well greased 2 lb. bread pan.		
10. Bake.		

Corn Bread

8" SQUARE PAN	TEMP. 450°	TIME 25-30 MIN.
1. Beat.....	1 egg	
2. Add.....	{ 2 cups sour milk 2 tbsp. melted shortening	
3. Sift together and add.....	{ 1½ cups cornmeal 1 cup flour ¾ tsp. soda 2 tsp. baking powder 1 tsp. salt	
4. Mix lightly.		
5. Turn into greased shallow pan, 8 inches square x 2 inches deep, and bake.		

Date and Nut Bread

BREAD PAN	TEMP. 350°	TIME 50-60 MIN.
1. Grate.....	Rind of one orange	
2. Extract.....	Juice of one orange	
3. Place orange in cup and fill cup with.....	Boiling water	
4. Cream.....	2 tbsp. butter	
5. Add.....	1 cup sugar	
6. Mix and add.....	1 egg	
7. Sift.....	{ 2 cups flour 1 tsp. baking powder ¼ tsp. salt 1 tsp. soda	
8. Add water and dry ingredients.		
9. Add.....	{ 1 cup dates ½ cup chopped nuts	
10. Bake in a 2 lb. bread pan well greased.		

Whole Wheat Bread

2 BREAD PANS	TEMP. 350°	TIME 1 HR.
1. Mix.....	{ ¼ cup of sugar 2 tsp. melted butter 3 eggs ½ cup molasses	
2. Sift and measure.....	1½ cups of flour 2 tsp. soda	
3. Add.....	{ 1 cup of pitted dates ½ cup nut meats 1 tsp. salt	
4. Mix together and add.....	{ 2 cups of buttermilk 2½ cups of whole wheat flour	
5. Bake in 2 bread pans or 3 No. 2 tin cans.		

Southern Corn Sticks

CORNSTICK MOLDS	YIELD: 8	TIME 20 MIN.
TEMPERATURE 425°		
1. Beat.....	2 eggs	
2. Add.....	{ 2 cups sour milk 3 tbsp. melted shortening 1 tbsp. sugar 1 tsp. salt	
3. Sift together.....	{ 1½ cups corn meal ¾ cup flour 3 tsp. baking powder 1 tsp. soda	
4. Combine with first mixture and pour into buttered molds and bake.		

Breads

Baking Powder Biscuits

1—10" COOKIE SHEET
TEMPERATURE 475°

- YIELD: 15—2" BISCUITS
TIME 10 to 15 MIN.
1. Sift together..... { 2 cups flour
4 tsp. baking powder
1 tsp. salt
 2. Put in with pastry blender or fork..... 4 tbsp. shortening
 3. Add..... $\frac{2}{3}$ cup milk
 4. Mix carefully.
 5. Turn out on floured board.
 6. Cut and arrange on cookie sheet.

Buttermilk Biscuits

1—10" COOKIE SHEET
TEMPERATURE 475°

- YIELD: 15—2" BISCUITS
TIME 10-15 MIN.
1. Sift together..... { 2 cups flour
2 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{4}$ tsp. soda
 2. Cut in with pastry blender or fork..... 4 tbsp. shortening
 3. Add..... $\frac{1}{2}$ to $\frac{2}{3}$ cup buttermilk

Peach Twirls

12 CAKES

TEMP. 450°

TIME 15 to 20 MIN.

1. Mix and sift together..... { 2 cups flour
4 tsp. baking powder
1 tsp. salt
1 tbsp. sugar
2. Add and mix well..... $\frac{1}{3}$ cup shortening
3. Add..... $\frac{2}{3}$ cup milk
4. Toss on floured board and roll $\frac{1}{4}$ " thick and about 12" long and 6" wide. Dot with soft butter. Sprinkle generously with brown sugar.
5. Spread one to one and one-half cups of chopped peach pulp (that has been drained) over the brown sugar.
6. Roll lengthwise as for jelly roll. Slice in $\frac{3}{4}$ inch rounds and place each round in a buttered muffin cup.

Quick Cinnamon Rolls

Roll Baking Powder Biscuit dough to $\frac{1}{4}$ inch thickness. Spread generously with melted butter, brown sugar and cinnamon. Roll like a jelly roll. Cut into $\frac{1}{2}$ inch slices. Melt butter in bottom of a shallow pan, add pecans, and brown sugar. Place rolls cut side down in pan. Bake like Peach Twirls.

Plain Muffins

MUFFIN TINS
TEMPERATURE 425°

- YIELD: 1 DOZEN
TIME 15-25 MIN.
1. Sift together..... { 2 cups flour
 $\frac{1}{2}$ tsp. salt
1 tbsp. sugar
 2. Combine and add..... { 4 tsp. baking powder
1 egg
1 cup milk
3 tbsp. melted shortening
 3. Mix well.
 4. Fill greased muffin pans $\frac{2}{3}$ full.

Griddle Cakes

YIELD: 8

GRIDDLE

TIME 2 to 3 MIN.

1. Beat..... { 1 egg
 $\frac{3}{4}$ cup milk
2. Add..... { 3 tbsp. melted butter
3. Sift together..... { 1 $\frac{1}{2}$ cups flour
 $3\frac{1}{2}$ tsp. baking powder
3 tbsp. sugar
 $\frac{3}{4}$ tsp. salt
4. Mix together thoroughly.
5. Bake on heated griddle pan.

Waffles

YIELD: 6

WAFFLE IRON

TIME 2-3 MIN.

1. Beat together..... { 2 egg yolks
1 $\frac{1}{2}$ cups milk
6 tbsp. melted shortening
2 tbsp. sugar
2. Sift together and add..... { 2 cups flour
3 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
3. Mix well.
4. Fold in..... 2 egg whites, beaten
5. Bake in hot waffle iron.

Pop-Overs

POP-OVER TINS or PYREX CUPS

YIELD: 8

TEMPERATURE 425° TIME 45-60 MIN.

1. Beat..... 3 eggs
2. Add..... { 1 cup milk
 $\frac{1}{2}$ tsp. salt
2 tsp. melted butter
1 cup flour
3. Beat thoroughly about one minute.
4. Pour into well-buttered pop-over cups and bake. It is not necessary to preheat the cups.

Sandwiches

Sandwich Making

1. **The Bread:** Bread for sandwiches should be a day old. Select bread of close, even texture, white, rye, wholewheat, etc. Slice the bread with a **very** sharp knife. The bread may be toasted.
2. **The Butter Spread:** The butter should be soft and creamed well, do not melt butter for sandwiches. Flavor the butter as desired. Lemon, onion, chives, anchovy, deviled ham, etc., may be used. Spread evenly on the bread.
3. **The Filling:** Any food that harmonizes with the bread being used. It is rather difficult to give a great many sandwich recipes. The charm of sandwich making depends upon one's imagination.
4. **Shaping the Sandwiches:** Sandwiches may be cut into fancy shapes, using various cutters, sharp knives, etc. The sandwich may be made with two pieces of bread or open face style. The open face type is very popular at the present time. Other types of sandwiches such as rolled, pinwheel, cart-wheel, checkerboard and cornucopia are also popular.
5. **Garnishing Sandwiches:** Minced parsley, sliced olives, creamed cheese put on with pastry bag, grated egg yolk and egg whites, tomato flower or slices, toasted nuts, filled cherries, watercress, etc.
6. **Keeping Sandwiches:** If preparing the sandwiches in advance, they should be wrapped in waxed paper and stored in the refrigerator. Do not add lettuce or salad greens until just before serving.

Sandwich Fillings for Any Kind of Sandwiches

1. Cream cheese, olives and mayonnaise.
2. Deviled ham, pickle and mayonnaise.
3. Peanut butter and chow chow.
4. Minced corned beef and horseradish.
5. Cottage cheese and chopped chives.
6. Sardine paste with lemon juice and parsley.
7. Cream cheese, and jelly or orange marmalade.
8. Peanut butter and chopped dates moistened with mayonnaise.
9. Peanut butter and chopped ginger moistened with mayonnaise.
10. Beef, veal, ham or lamb loaf with Russian dressing.
11. Mashed liverwurst with mayonnaise.
12. Roquefort cheese, celery and mayonnaise with dill pickle.

Surprise Loaf

1. Remove crust from 1 loaf sandwich bread
2. Slice lengthwise in thirds.
3. Spread one slice of bread with

Mayonnaise	1 1/4 cups chopped raw cabbage
1/2 cup shredded lettuce	
4. Then with

1 pimento chopped	Mayonnaise enough to moisten
2 cups of cheese relish	
5. Cover with second slice of bread 2 cups of cheese spread with mayonnaise and
6. Mash 1/4 pound cream cheese
7. Press through sieve or grate 1/2 pound yellow or snappy cheese
8. Mix with Enough thin cream to make a soft spreading consistency
9. Season with Salt, pepper, paprika
10. Spread on outside of loaf.
11. Store in refrigerator until well chilled.

Checkerboard Sandwiches

1. Cut 3 slices of white and 3 slices of whole-wheat bread in $\frac{1}{2}$ inch slices. Remove the crust.
2. Spread a slice of white bread with filling (cream cheese or deviled ham spread) placed on a wholewheat slice, spread with filling and top with white bread.
3. Repeat this process beginning with whole-wheat so that a slice of white bread is the middle layer.
4. Chill and trim each pile evenly and cut into 1 inch strips.
5. Spread each strip with sandwich filling and put together to form a checkerboard design. (A white block alternating with a dark.)
6. Wrap in waxed paper and place in refrigerator to chill.
7. When ready to serve slice about $\frac{1}{4}$ inch thick.

Left-Overs

Ham Mousse

SERVES 6

- | | RING MOLD |
|--|--|
| 1. Soak for 5 min.... | $\left\{ \begin{array}{l} 1 \text{ tbsp. gelatin} \\ \frac{1}{4} \text{ cup cold water} \end{array} \right.$ |
| 2. Melt..... | $1\frac{1}{2}$ tbsp. butter |
| 3. Add..... | $1\frac{1}{2}$ tbsp. flour |
| 4. Stir flour and butter until smooth. | |
| 5. Add..... | $\left\{ \begin{array}{l} 1 \text{ cup milk} \\ \text{Salt, pepper, paprika} \\ \frac{1}{2} \text{ tsp. Worcester-} \\ \text{shire sauce} \end{array} \right.$ |
| 6. Cook until thickened, stirring constantly. Add dissolved gelatin, remove from heat and cool. | |
| 7. Fold in..... | $\left\{ \begin{array}{l} 2 \text{ cups minced ham} \\ 2 \text{ tbsp. green} \\ \text{peppers} \\ 1 \text{ cup cream,} \\ \text{whipped} \end{array} \right.$ |
| 8. Pour into mold and place in cabinet to chill. Remove from mold and fill center with lettuce. Garnish with radish roses. | |

Escalloped Pork and Cabbage

SERVES 6

TEMP. 375°

TIME 25 to 30 MIN.

1. Slice thinly..... 2 cups cooked pork
2. Chop..... 1½ cups cabbage
3. Line buttered casserole with cabbage, thin layer pork, etc.
Pour over all..... 1½ cups thin white sauce
4. Sprinkle top with..... ¼ cup buttered bread crumbs
5. Bake.

Stuffed Egg Plant

TEMPERATURE 350°

TIME 30-45 MIN.

1. Cut slice from top of... 1 good sized egg plant
2. Scoop out the center to within ½ inch of outer skin.
3. Peel..... 1 cup raw mushrooms
4. Chop mushrooms and egg plant meat.
5. Sauté in..... Butter
6. Add..... $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup chopped onion} \\ 1 \text{ cup minced} \\ \text{cooked ham} \\ \text{Salt and pepper} \end{array} \right.$
7. Fill egg plant shell, sprinkle top with buttered bread crumbs.
8. Bake, garnish with pimento strips.

Turkish Lamb

SERVES 6

SKILLET

TIME 30 MIN.

1. Melt in skillet..... 2 tbsp. butter
2. Add..... $\left\{ \begin{array}{l} 1 \text{ onion chopped} \\ \frac{1}{2} \text{ cup uncooked rice} \\ (\text{washed and dried}) \end{array} \right.$
3. Cook on low heat until rice is brown.
4. Add..... $\left\{ \begin{array}{l} 1 \text{ cup water} \\ 1\frac{1}{2} \text{ cups cooked} \\ \text{lamb (diced)} \\ 1 \text{ cup tomatoes} \\ 1 \text{ tbsp. horseradish} \\ 1 \text{ tsp. salt} \\ \frac{1}{8} \text{ tsp. pepper} \\ \text{Bud of garlic} \end{array} \right.$

5. Cook on high heat until steaming, turn low and complete cooking.

Acorn Squash Stuffed with Ham and Rice

SERVES 6

TEMP. 400°

TIME 35 MIN.

1. Cut in three pieces.... 6 Acorn squash
2. Steam until tender.

3. Combine..... $\left\{ \begin{array}{l} 2 \text{ cups cooked ham} \\ (\text{ground}) \\ 2 \text{ cups cooked rice} \\ 3 \text{ tbsp. onion} \\ \text{minced} \\ 2 \text{ tbsp. minced} \\ \text{parsley} \\ 1 \text{ tsp. Worcester-} \\ \text{shire sauce} \\ \text{Dash of Tabasco} \\ \text{sausage} \end{array} \right.$

4. Stuff the squash with mixture.
5. Sprinkle top with buttered bread crumbs. Bake and serve with cheese sauce.

Corned Beef Hash

SERVES 6

SKILLET

TIME 20 to 30 MIN.

1. Cut finely..... 3 cups cooked corned beef
2. Add..... $\left\{ \begin{array}{l} 1 \text{ onion minced} \\ 2 \text{ cups chopped} \\ \text{cooked potatoes} \\ 3 \text{ tbsp. milk} \\ \text{Pepper to season} \end{array} \right.$
3. Melt in skillet..... 2 tbsp. butter
4. Add corned beef mixture and heat through. Cook until brown. Serve with poached eggs. Garnish with parsley.

Left-Overs

New Combinations of Left-Overs Broiler Pan Menus

Grilled Pork Loin with Pineapple, Browned Sweet Potatoes, Onions

TO COOK: Arrange sliced cold pork on rack of broiler pan and on top of the pork arrange pineapple rings which have been drained and dipped in butter. Around the pork, arrange cooked sweet potatoes and onions. Cook with oven switch on BROIL, until vegetable and pineapple are brown and thoroughly heated.

Roast Beef with Horseradish Butter, Toasted Potatoes, Green Beans

TO COOK: Spread sliced cold beef with horseradish butter and arrange on rack of broiler pan and at the same time place the cooked potatoes dipped in butter and crumbs on the rack. Place the beans in the broiler pan and the rack with beef and potatoes over it. Cook in oven with switch on BROIL 15 to 20 minutes.

Broiled Ham Rolls (with Baked Beans), Stuffed Prunes, Broccoli

TO COOK: Spread slices of ham with mustard, add a little onion to baked beans and place a spoonful on each piece of ham. Roll ham around the beans and fasten with toothpicks. Brush over with soft butter and arrange on rack of broiler pan. Stuff the prunes with cheese—and butter the broccoli—arrange on rack. Cook in the oven with switch on BROIL 10 to 15 minutes.

Turkey Souffle

SERVES 6 CASSEROLE TEMP. 375° TIME 25-35 MIN.

1. Cut finely..... 2 cups left over turkey
2. Add to..... 1 cup medium white sauce
3. Add..... { Salt, pepper, paprika
 3 egg yolks
4. Fold into mixture.... 3 egg whites beaten until stiff
5. Turn into buttered casserole. Sprinkle with buttered crumbs and bake.
6. Serve with mushroom gravy and cranberry sauce.

NOTE: May use any kind of left over meats.

Chicken a la King

- | SERVES 6 | SKILLET | TIME 15 to 20 MIN. |
|--|---|--------------------|
| 1. Melt in skillet..... | 4 tbsp. butter | |
| 2. Add..... | { 1 cup mushrooms
1 green pepper,
chopped | |
| 3. Add..... | 2 tbsp. flour | |
| 4. Mix thoroughly. | | |
| 5. Add..... | 1 cup chicken broth | |
| 6. Cook until thick. | | |
| 7. Add..... | 2 cups diced chicken | |
| 8. Cook 5 min. on Low heat. | | |
| 9. Beat..... | { 2 eggs
1 cup sour cream | |
| 10. Add..... | 1 pimento, chopped | |
| 11. Combine ingredients and heat 1 to 2 minutes (do not cook). | | |
| 12. Add..... | { 2 tbsp. sherry
Salt and pepper | |
| 13. Serve on toast, pop-overs or patty shells. | | |

Chartreuse of Meat and Rice

1. Season..... 2 cups chopped cooked meat
2. With..... { 1 tsp. salt
 1/4 tsp. pepper
3. Mix with..... 3/4 cup fine soft bread crumbs
4. Add..... Enough stock to make it pack easily
5. Line a thoroughly buttered mold with..... 3 cups cooked rice
6. Fill with meat mixture and cover with..... 1 cup cooked rice
Cover tightly and bake at 350° F., for one hour.
7. Serve with..... Tomato Sauce

NOTE: The preparation may be done ahead and the covered mold kept in the refrigerator until time to bake.

Chocolate Cake Pudding

- | SERVES 6 | | TIME 2 HRS. |
|---|--|-------------|
| 1. Crumble..... | 1 1/2 cups stale Devil's Food cake and icing | |
| 2. Whip..... | { 1 cup cream
1 tsp. vanilla | |
| 3. Combine cake crumbs and cream, turn into refrigerator tray and freeze. | | |

Candies

Date Roll

- SAUCEPAN** TIME 8 to 10 MIN.
1. Combine { 2 cups sugar
1 cup milk
 2. Cook to soft ball stage (234° F.).
 3. Add 1 pkg. dates, cut fine
Allow to melt.
 4. Cool slightly and beat until creamy.
 5. Add 2 cups chopped nuts
 6. Pour on to a damp tea towel and roll to form a roll 1 1/2" in diameter.
Roll in 1 cup nuts cut fine
 7. Allow to stand in refrigerator 2 to 3 hours.
 8. Cut in slices 1/2" thick.

Cocoanut Apricot Balls

- SAUCEPAN** TIME 8 to 10 MIN.
1. Steam 3/4 cup apricots about 5 min. in 1/2 cup water
 2. Cool and put through food chopper or chop fine.
 3. Add { 1/3 cup cocoanut
3/4 cup pecans
1 tbsp. lemon juice
1 tsp. lemon rind
1 tbsp. orange juice
 4. Mix together thoroughly.
 5. Form into balls.
 6. Roll in Confectioners' sugar
 7. Then roll in Colored cocoanut
 8. Place in refrigerator for several hours.

Penoche

- SAUCEPAN** TIME 15 to 20 MIN.
1. Mix { 3 cups of brown sugar
1 cup of milk
 2. Cook until mixture reaches softball stage or (238° F.). Remove from heat.
 3. Add { 2 tbsp. butter
1 tsp. vanilla
 4. Cool without stirring.
 5. When candy is lukewarm beat until very creamy.
 6. Add 1 cup nut meats
 7. Pour into a greased pan.
 8. When cold cut in squares.

Chocolate Fudge

- SAUCEPAN** TIME 12 to 16 MIN.
1. Mix together { 3 cups sugar
3 tbsp. light Karo
1 cup water
3 squares chocolate, cut fine
 2. Cook to soft ball stage or 234° F.
 3. Add { 1/3 cup butter
1/2 tsp. vanilla
1/8 tsp. salt
 4. Let cool.
 5. Beat until creamy and add 1 cup chopped nuts
 6. Pour into buttered pan.
 7. Allow to cool and cut in squares.

Variations

Black Walnut Fudge: Omit the chocolate. Add 1 cup of milk in place of water, add 1 cup of black walnut meats.

Caramel Fudge: Caramelize 1 cup of the sugar. Omit the chocolate and cook the same as chocolate fudge. 1 cup of toasted almonds crushed is delicious with this.

Tutti-Frutti Roll: To the chocolate fudge add 1 cup of chopped dates, 1/2 cup cherries, and 1/2 cup raisins.

Whipping Cream Fudge

- SAUCEPAN** TIME 15 to 20 MIN.
1. Mix together { 1 cup white sugar
1 cup light brown sugar
1/2 tsp. salt
1 cup whipping cream
 2. Boil until forms a hard ball in cold water or (230° F.). Remove from heat.
 3. Add { 4 tbsp. butter
1/2 cup chopped nuts
1 tsp. vanilla
 4. Let cool. Beat until creamy. Roll into rolls in waxed paper and store in refrigerator until thoroughly chilled.

This candy should be stored in the refrigerator until ready to serve. Candy will remain creamy for several weeks.

High Altitude Cookery . . . Oven Cookery

THE RECIPES and directions for cooking given in this book have been developed and tested at approximately sea-level altitudes. In localities where the altitude is higher than 3,500 feet we recommend that the recipes be modified slightly. The following information will assist in serving as a guide.

Oven Cookery

Baking: As a rule any cake, cookie, or biscuit recipe may be used interchangeably at any altitude between sea-level and 3,500 feet. Around 3,500 feet or above the recipes usually need to be modified.

Cakes: Important Factors in High Altitude Baking.

1. Sugar: From tests made by food authorities at various altitudes it has been found that the sugar proportion is one of the most important factors in cake baking. There must be a slight decrease in the amount of sugar as the altitude increases.

Effect of Incorrect Proportion: (a) Texture. If too much sugar is used, the cake will be crumbly and of loose texture. (b) Outside appearance. The crust will have a gummy, crackled appearance.

2. Moisture: Evaporation takes place rapidly at high elevations, therefore more moisture is needed to produce a moist cake or biscuit.

3. Temperature: The temperature will remain approximately the same as given in the time table. In locations where altitudes are 4,000 feet or more you may find it necessary to slightly increase the temperature as the altitude increases. However, this increase is very slight, 3 to 5 degrees, or bake a few minutes longer.

Baking Quick Breads

In baking these foods the amount of baking powder should be slightly decreased about $\frac{1}{4}$ teaspoon in the standard baking powder biscuit, muffin or nutbread recipe. Increase the moisture slightly.

Canning and Preserving

The canning and preserving of fruits and vegetables in high altitudes require a longer processing time. Non-acid vegetables and all meats are best canned in the pressure cooker.

Meat Cookery

In localities where the altitude is higher than 3,500 feet the cooking time should be slightly increased. In roasting meats add five to eight minutes per pound of meat cooked. For example, at a 4,500 foot altitude, in cooking a roast of beef medium done, cook 35 minutes per pound at a temperature of 350°. Add the additional time to the time suggested in the Meat Cookery Time Table.

Oven Meal Cookery

Oven meals require a longer cooking time in localities where the altitude is higher than 3,500 feet. Time the roast 35 minutes per pound of meat—or vegetables should be cooked for 20 to 30 minutes longer.

Layer Cake

(Adapted for 4,000 feet elevation)
TEMPERATURE 375° TIME 25 to 30 MIN.

1. Cream together . . . $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup butter} \\ 1 \text{ cup (minus} \\ 1 \text{ tbsp.) sugar} \end{array} \right.$
2. Add and beat until fluffy. 2 eggs
3. Sift and measure . . . $\left\{ \begin{array}{l} 2 \text{ cups cake flour} \\ 3 \text{ tsp. baking} \\ \text{powder} \\ \frac{1}{2} \text{ tsp. salt} \end{array} \right.$
4. Add to first mixture alternately with $\frac{3}{4} \text{ cup plus 2 tbsp}$ milk
5. Add and mix well 1 tsp. vanilla
6. Turn into 2 buttered 8" pans and bake.

Helpful Hints

Abbreviations

tsp. =teaspoonful	pt. =pint
tbsp. =tablespoonful	oz. =ounce
lb. =pound	B.P. =baking powder
qt. =quart	Min. =minutes

Hr. =hours

Table of Measures

(All measures are level)

2 tsp. =1 tbsp.	16 tbsp. =1 cup
2 tbsp. = $\frac{1}{8}$ cup	1 oz. =1 tbsp. of butter
4 tbsp. = $\frac{1}{4}$ cup	$\frac{1}{2}$ lb. =1 cup
8 tbsp. = $\frac{1}{2}$ cup	1 lb. =2 cups
$\frac{1}{4}$ lb. =8 tbsp. or $\frac{1}{2}$ cup or 1 quarter print of butter	

Electrical Terms

Surface Unit: The electric unit on the surface of the range used for top range cookery.

Thrift Cooker: A special utensil located on the surface of the General Electric range.

Switch: A button located on the switch panel. This switch controls the heat of the surface unit, Thrift Cooker or oven.

Timer Clock: The Automatic Timer which turns the electricity OFF and ON during the homemaker's absence.

Preheat: To heat the oven to the required temperature.

Temperature Control: The control located on the oven, which accurately controls the heat in the oven.

Super-Freezer: The freezing unit of the electric refrigerator. The compartment for freezing ice cubes and desserts.

Cold Storage Compartment: The glass tray located directly under the Super-Freezer.

Temperature Regulator: A control located on your refrigerator, which controls the temperature of the refrigerator Super-Freezer and cabinet.

Table of Proportions

$\frac{1}{2}$ lb. =1 cup	6 egg yolks = $\frac{1}{2}$ cup
$\frac{1}{4}$ lb. = $\frac{1}{2}$ cup	5-6 egg whites = $\frac{1}{2}$ cup
1 lb. =2 cups	10 eggs in shell =1 lb.
2 cups granulated sugar, 1 lb.	
3 cups powdered sugar, 1 lb.	
3 cups brown sugar, 1 lb.	
4 cups flour, 1 lb.	
$\frac{1}{4}$ can of a lb. can of shortening, $\frac{1}{2}$ cup	
1 tsp. of soda to 1 cup molasses	
$\frac{1}{2}$ tsp. of soda to 1 cup of sour milk	
1 tsp. B.P. to each cup flour for cakes	
2 tsp. B.P. to each cup flour for biscuits, waffles, muffins, etc.	

Cooking Terms

Pre-Cook: To partially cook vegetables, etc., in small amount of water. Use as directed in recipe.

Freeze to a Mash: To partially freeze mixture (1 to $1\frac{1}{2}$ hours) then remove from refrigerator, add whipped cream or eggs and beat 1 to 2 minutes. Continue to freeze.

1 Cup Cream Whipped: Measure cream and then whip.

1 Cup Whipped Cream: Measure cream after whipping.

$\frac{1}{2}$ Cup Butter, Melted: Measure the butter and then melt.

$\frac{1}{2}$ Cup Melted Butter: Measure the butter after it has been melted.

Savory Butter: Butter seasoned with parsley, meat sauce, lemon, meat or fish paste.

Spring Form: A pan used for refrigerator cakes and puddings. The side of pan is removable.

Lower Shelf: The lower shelf of the Super-Freezer is the coldest part of the freezing unit. Use this shelf for the freezing of desserts and ice cubes.

Vegetable Pan: A covered pan used for the storing of green vegetables, parsley, celery, etc.

Frosted Glasses: To frost glasses, dip in hot water and place into the refrigerator for several hours. A frost will form on the outside of the glass.

Time and Temperature Chart

FOR BAKING

Foods	Shelf Position From Bottom of Oven	Utensils to be Used	Oven Cold or Preheated	Temp.	Time of Cookery
BREADS					
Bread—4 to 8 Loaves.....	2nd and 3rd	Pans 4 $\frac{1}{4}$ " x 8 $\frac{1}{4}$ " x 3"	Cold	400° for 50 min. Shift loaves top to bottom—bottom to top and bake 20 min. longer.	
Rolls (Yeast).....	2nd or 3rd	Shallow pan or muffin tins	Cold or Preheated	425°	15 to 25 min.
Biscuits.....	2nd or 3rd	10"x14" Cookie Sheet	Preheated	475°	10 to 15 min.
Corn Sticks.....	2nd or 3rd	Preheated molds	Preheated	425°	20 min.
Corn Bread.....	2nd or 3rd	8" square pan 2" deep	Preheated	450°	25 to 30 min.
Muffins.....	2nd or 3rd	Muffin tins	Preheated	425°	15 to 25 min.
Nut Bread.....	2nd	8 $\frac{1}{4}$ "x3"x4 $\frac{1}{4}$ " pan	Preheated or cold	350°	50 to 60 min.
Pop-overs.....	2nd or 3rd	Pyrex or iron cups	Cold	425°	45 to 60 min.
Cream Puffs.....	2nd or 3rd	10"x14" Cookie Sheet	Cold	375°	50 to 60 min.
Coffee Cake.....	2nd or 3rd	9"x9"x2"	Preheated or cold	400°	20 to 30 min.
CAKES					
Angel Food and Sponge.....	2nd	Tube pan 8 $\frac{1}{2}$ "x4"	Cold	325°	1 to 1 $\frac{1}{4}$ hrs.
Jelly Roll.....	2nd or 3rd	Cake pan 13"x8"x1 $\frac{1}{2}$ "	Preheated	425°	12 to 15 min.
Layer (White or Yellow).....	2nd or 3rd	Round pan 8"x1 $\frac{1}{4}$ "	Preheated	375°	30 to 35 min.
Layer (Chocolate).....	2nd or 3rd	Round pan 8"x1 $\frac{1}{4}$ "	Preheated	350°	35 to 40 min.
Loaf Cake.....	2nd	Oblong pan 10"x6 $\frac{1}{2}$ "x3"	Preheated or cold	350°	1 to 1 $\frac{1}{2}$ hrs.
Pound Cake.....	2nd	Tube pan 8 $\frac{1}{2}$ "x4"	Preheated or cold	325°	1 to 1 $\frac{1}{4}$ hrs.
Fruit Cake (Large).....	2nd	3-pound cake pan	Cold	275°	3 $\frac{1}{2}$ hours
Fruit Cake (Small).....	2nd or 3rd	1 $\frac{1}{2}$ to 2 lb. cake pan	Cold	300°	2 $\frac{1}{2}$ to 3 hrs.
Cup Cakes.....	2nd or 3rd	Muffin tins	Preheated or cold	375°	20 to 30 min.
COOKIES					
Drop.....	3rd	10"x14" Cookie Sheet	Preheated	375°	15 min.
Brownies.....	3rd	Cake pan 10 $\frac{1}{4}$ "x6 $\frac{1}{4}$ "x1 $\frac{1}{2}$ "	Preheated	350°	20 to 25 min.
Sugar Cookies.....	3rd	10"x14" Cookie Sheet	Preheated	375°	12 to 15 min.
Macaroons.....	3rd	10"x14" Cookie Sheet	Cold or Preheated	300°	15 to 20 min.
Refrigerator (sliced).....	3rd	10"x14" Cookie Sheet	Preheated	425°	10 min.
Gingerbread.....	2nd or 3rd	Cake pan 8"x8"x2"	Preheated or cold	350°	30 to 45 min.
PASTRY					
Custard Pie.....	2nd or 3rd	8" pan	Cold or Preheated	425°	35 to 40 min.
Fruit Pie.....	2nd or 3rd	8" pan	Cold or Preheated	425°	45 to 55 min.
Pumpkin Pie.....	2nd or 3rd	8" pan	Cold	425°	35 to 45 min.
Pie Shell.....	3rd	8" or 9" pan	Preheated	475°	10 to 15 min.
MISCELLANEOUS					
Cup Custards.....	2nd	Glass cups; place in pan of hot water to half cover cups	Cold	350°	50 to 60 min.
Large Custard.....	2nd or 3rd	Casserole placed in pan of hot water	Cold or Preheated	325°	1 $\frac{1}{4}$ hours
Souffles (Cheese).....	2nd or 3rd	Casserole, large	Cold or Preheated	325°	1 to 1 $\frac{1}{4}$ hrs.
Escalloped Dishes (Cooked Foods).....	2nd	Casserole	Cold or Preheated	375°	20 to 30 min.
(Raw Foods).....	2nd	Casserole	Cold or Preheated	375°	1 hour

Time and Temperature Chart

FOR BAKING—Continued

Foods	Shelf Position From Bottom of Oven	Utensils to be Used	Oven Cold or Preheated	Temp.	Time of Cookery
MISCELLANEOUS—Continued					
Meringue Topping.....	3rd		Cold or Preheated	325°	12 to 15 min.
Meringue Shells.....	2nd or 3rd	10"x14" Cookie Sheet	Cold	250°	1 to 1¼ hrs.
PUDDINGS					
Bread, etc.....	2nd or 3rd	Casserole	Cold or Preheated	325°	30 min.
Rice and other Precooked Foods.....	2nd or 3rd	Casserole	Cold or Preheated	350°	50 to 60 min.
Raw Rice Pudding.....	2nd or 3rd	Casserole	Cold or Preheated	350°	3 hours

FOR MEAT ROASTING

Food	Recommended Utensil **	Shelf Position Above Lower Unit	Preheated or Cold Oven Start	Our Suggested Temperature	Minutes Per Lb.	Your Time Temp. Per Lb.
BEEF						
*Ribs of Beef (Standing) Small 2 to 4 lbs.	Open Shallow pan	2nd or 3rd	Cold	Rare: 350° Medium: 350° Well done: 350°	22 to 25 30 35
Medium (6 to 8 lbs.)	Open Shallow pan	2nd or 3rd	Cold	Rare: 350° Medium: 350° Well done: 350°	18 to 20 22 to 25 30 to 35
Large (10 lbs. and over)	Open Shallow pan	2nd or 3rd	Cold	Rare: 325° Medium: 325° Well done: 325°	18 22 25 to 30
LESS TENDER CUTS OF BEEF						
Chucks, Rumps, Shoulder, etc.						
Average Size	Covered pan	2nd	Cold	325°	45
Large	Covered pan	2nd	Cold	325°	40
LAMB						
Average Size (4 to 6 lbs.)	Open Shallow pan	2nd	Cold	325°	35
Large (6 to 10 lbs.)	Open Shallow pan	2nd	Cold	325°	30
VEAL						
Average Size (4 to 6 lbs.)	Open Shallow pan	2nd	Cold	325°	35
Large (6 to 10 lbs.)	Open Shallow pan	2nd	Cold	325°	30
PORK						
Average Size	Open Shallow pan	2nd	Cold	350°	35
Large	Open Shallow pan	2nd	Cold	350°	30
SPARE RIBS	Open pan	2nd	Preheated	400°	30
BRAISED MEATS						
Tender	Covered pan	2nd	Cold	375°	30
Less tender	Covered pan	2nd	Cold	325°	45

Time and Temperature Chart

FOR MEAT ROASTING—Continued

Food	Recommended Utensil **	Shelf Position Above Lower Unit	Preheated or Cold Oven Start	Our Suggested Temperature	Minutes Per Lb.	Your Time Temp.	Your Time Per Lb.
HAM#							
Packer's First Grade Over 12 lbs.							
Under 12 lbs.	Shallow pan	2nd	Cold	325°	15# 18# 22#
Half Ham							
Home Cure							
Over 12 lbs.							
Under 12 lbs.	Shallow pan	2nd	Cold	325°	45#
Half Ham							
CHICKEN							
Tender	Open pan	2nd or 3rd	Cold	325°	30
Less Tender	Covered pan	2nd or 3rd	Cold	325°	35
DUCK							
Domestic	Open pan	2nd or 3rd	Cold	325°	30
Wild	Open pan	2nd or 3rd	Cold	400°	15 to 20
GOOSE	Open pan	2nd or 3rd	Cold	325°	20 to 25
TURKEY							
10 lbs. or less	Open pan	2nd	Cold	325°	20 to 25
Over 10 lbs.	Open pan	2nd	Cold	300°	15 to 18
FISH							
4 to 6 lbs.	Open pan	2nd	Cold	375°	15
2 to 4 lbs.	Open pan	2nd	Cold	375°	20

*If meat is boned and rolled, add 10 to 15 min. per lb. to above times.

#After above cooking times, skin, score, season and cook at 400° an additional 15 min.

**It is suggested that a trivet be used under meats to prevent contact of meat with pan.

If meat is at room temperature (it requires approx. 6 hours for the average cut of meat taken from a refrigerator to reach room temperature) deduct 5 to 8 minutes per lb. from cooking time.

FOR BROILING

Food	Quantity and Thickness	Inches between top of food and Unit Lines on oven show distance	Time each side	Total Time
Bacon.....	1/2 lb. thin slices	3 to 4	3 to 5 min.
Chicken.....	2 chickens, split 1 to 2 lbs. each	5 1/2	20 to 30 min.
Fish.....	1 1/2 to 3 lbs. split or fillets	3 to 4	5 min., cut side 10 to 15 min. skin side
Ham.....	3/4 to 1 inch	2 to 3	5 to 10 min.
Chops.....	3/4 to 1 inch (2 to 8 chops)	3 to 4	6 to 9 min.
Liver.....	1/4 to 1/2 inch	3 to 4	6 to 8 min.
Lobster.....	1 to 2 lobsters	3 1/2 to 4 1/2	30 to 45 min.	30 to 45 min.
Steaks.....	3/4 to 1 1/4 inches (1 to 3 steaks)	1 to 2 2 to 2 1/2 3 to 4	4 to 6 min. 5 to 8 min. 8 to 10 min.
Steaks.....	1 1/4 to 2 inches (1 to 3 steaks)	2 to 3 Rare 3 to 4 Medium 3 to 4 Well done 2 to 3	6 to 9 min. 11 to 15 min. 18 to 25 min. 8 to 12 min.
Vegetables.....				



Canning

Important Factors in Canning

- The Type of Jar:** Any kind of glass jar may be used for oven canning. Follow the instructions furnished with the kind of jar being used. Allow the tops and rubbers to remain in hot water until placed on jar.
- The Product:** Select only fresh products that are in perfect condition. Do not use any bruised or over ripe fruits. Better results are obtained if fruit and vegetables are canned the day they are gathered from the garden.
- Packing the Jars:** Pack the foods being canned in the jars (not too tight) to within 1 inch from the top.

Processing: In canning in the electric oven, the processing time is counted from the time the food is placed in the oven. Start counting the time when oven switch is turned to BAKE.

Pickling: Spiced peaches, apples, etc., various pickles, relishes and chutney are easily prepared on the electric range.

Open Kettle Method: With the speed of the Calrod Unit and the cleanliness of Electric Cookery, the Open Kettle Method is easy and simple. Follow your own favorite recipe or instructions furnished with jars being used and enjoy this NEW cleanliness and SPEED in canning.

Canning Fruits

Fruits with their delicious flavor, their beautiful color and their acid content are easily canned in the electric oven. The luscious natural flavor and color of the fruit is retained as they do not require pre-cooking.

Oven Method of Canning: The temperature control of the General Electric Range is an invaluable aid in oven canning. The maintaining

of a certain degree of heat is required to sterilize the food and containers.

Fruits: 1. Select fruits for canning, prepare for canning. 2. Make a medium syrup (3 parts sugar and 2 parts water) or use a heavier syrup. 3. Pack fruit in clean jars, add syrup and adjust tops. 4. Arrange jars on shallow pan, leaving 1 inch space around the jars. 5. Place pan on second shelf in oven and turn oven switch to BAKE. Process given time.

Canning Vegetables

The food value of vegetables when canned electrically is equivalent to that of freshly cooked vegetables. A more economical pack results if the vegetables are pre-cooked three to five minutes using a very small amount of water. The water left in containers should be used to fill the jars. Select firm vegetables and can while fresh.

Vegetables: There are many recommended methods given by various companies for canning of vegetables. The most commonly used methods are: 1. Open kettle method. 2. Hot and cold pack method. For years the oven has been used most successfully with excellent results. However, the General Electric Company is not

recommending that any vegetable except acid vegetables (tomatoes) be canned in the oven.

Non-acid vegetables, such as corn, beans, peas, etc., should be canned in a pressure cooker which can be used most successfully on the Electric Range. We prefer and recommend that for canning of non-acid vegetables you follow the recommended methods issued by the Bureau of Home Economics, Department of Agriculture, Washington, D. C.

If further canning information is desired please Ask Your General Electric Dealer or Distributor for the Canning Booklet—"Modern Modes in Home Canning."



Food for the Gourmet

THE RECIPES on the next few pages are designed to please the fastidious taste of the gourmet—the person who appreciates piquant flavors and delicate seasonings in food. They are among the finest and tastiest dishes which can be prepared. The recipes in this section are not designed for everyday use, but for special occasions and when "something different" is desired. Therefore, they call for condiments and ingredients which are not usually kept on hand. They are "extra special" recipes you may like to try to get away from the usual dishes. We believe you will like these dishes and urge you to try one of the recipes for your next special dinner party.

Creme Vichyssoise

YIELD—8 SERVINGS SAUCE PAN TIME 30 MIN.

1. Peel and cut..... 4 leeks or 3 medium onions
2. Brown slightly in..... 4 tbsp. butter
3. Add..... {
2 cups chicken broth
2 cups coffee cream
2 tsp. salt
1/4 tsp. white pepper
2 1/2 cups diced pared potatoes
2 tbsp. minced chives
1 cup heavy cream}
4. Add..... {
2 1/2 cups diced pared potatoes
2 tbsp. minced chives
1 cup heavy cream}
5. Cook slowly.
6. Strain through a fine sieve.
7. Serve hot or cold with paprika and 1 tsp. chopped chives.
8. An excellent flavor is obtained by adding 1/2 cup rum to the soup before serving.

Gourmet Recipes . . Soups

Cream Mongole with Sherry

SERVES 5 to 6

SAUCEPAN TIME 30 MIN.

1. Mix and heat slowly { 10½ oz. can condensed tomato soup
¾ cup water
10½ oz. can condensed pea soup
1 tsp. sugar
1 cup light cream
2 tsp. Worcester-shire sauce
2. Add..... { 5 tbsp. sherry
3. Remove from heat and add.....

Mushroom Soup

SERVES 10

SAUCEPAN

1. Wash and slice..... 1 qt. mushrooms
2. Add..... 3 cups water
3. Cook slowly until mushrooms are very tender.
4. Mix together..... { ½ cup butter
3 tbsp. flour
1 cup cream
5. Add to mushrooms and water and stir until smooth.
6. Add..... { 1 cup heavy cream
4 cups chicken broth
Salt and pepper to taste
7. Strain.
8. Reheat slowly until very hot.
9. Add..... Dash paprika

Duchesse Soup

SERVES 8

SAUCEPAN

TIME 45 MIN.

1. Peel and slice..... 2 medium onions
2. Add..... 4 cups chicken or turkey stock
3. Cook until onion is tender and put through a sieve.
4. Cream..... 4 tbsp. butter
5. With..... 1½ tbsp. flour
6. Add..... { 3 cups coffee cream
Dash pepper and salt
Celery salt to taste
Mace to taste
7. Cook on low heat.
8. Serve with..... Parmesan cheese

Oyster Stew

1. Allow 1 qt. oysters to 1 qt. milk (or half and half).
2. Bring liquid to boiling point.
3. Season with..... { Salt and pepper
Dash of Worcester-shire sauce
4. Melt..... ¼ cup butter
5. Add oysters (do not drain off liquid).
6. Cook oysters until plump and curled at the edges.
7. Add to hot milk.
8. Serve immediately.
9. Sprinkle top of stew with paprika and add 1 tsp. butter to each serving.
10. Serve with crisp oyster crackers.

Tomato Consomme with Sherry Wine

1. Use basic Tomato Consomme Recipe.
2. Just before serving add..... ½ cup sherry to soup
3. Serve, garnish each serving with..... 1 tsp. whipped cream

Cheese Puffs

TIME 8 MINUTES

TEMPERATURE 425°

1. Cream together.... { ½ cup cream cheese
½ cup butter
2. Add..... { 1 cup flour
½ tsp. salt
3. Chill thoroughly—roll very thin.
4. Cut in tiny circles.
5. Bake. Serve with soup.

Croutons

1. Spread slices of white bread with butter.
2. Cut into strips.
3. Bake until brown.
4. Add a little garlic to butter to add zest.

Gourmet Recipes .. Main Dishes

Lobster Newburg

SERVES 6

- Place in saucepan of boiling water 1 lobster 1 to 1½ lbs.
- Boil for 15 to 18 minutes
- Set aside to cool.
- Remove lobster from shell and cut in small pieces, about 1" in size.
- Put in saucepan $\frac{1}{2}$ cup butter
- Add Lobster meat
- And saute for a few minutes.

Sauce

- Melt $\frac{1}{4}$ cup butter
- Add and blend well 1 tbsp. flour
- Heat and add 1 pt. cream
- Simmer until smooth and creamy.
- Add $\begin{cases} \frac{1}{2} \text{ tsp. salt} \\ \frac{1}{4} \text{ tsp. pepper} \\ \frac{1}{4} \text{ tsp. nutmeg} \end{cases}$
- Add lobster, and just before serving
- Add 2 oz. sherry wine

Mousse of Fish

TEMPERATURE 350°

TIME 1 HR.

- Break into pieces 2½ lbs. haddock, frozen
- Add 1¼ cups butter
- Run fish and butter through meat grinder.
- Beat 4 egg yolks
- Add $\begin{cases} \frac{1}{2} \text{ cup flour} \\ \frac{1}{2} \text{ cup cream} \\ 1 \text{ tbsp. salt} \\ \frac{1}{2} \text{ tsp. pepper} \\ 1 \text{ tsp. sugar} \end{cases}$
- Mix thoroughly.
- Add egg mixture to fish.
- Whip 4 egg whites
- Fold whites into fish mixture.
- Place in a buttered casserole.
- Place in a pan of water and bake.
- Serve hot with lobster sauce.

Lobster Sauce

- Melt in a saucepan 1 tbsp. butter
- Add 2 tbsp. flour
- Add gradually $\begin{cases} 1 \text{ cup milk} \\ 1 \text{ egg yolk beaten} \\ \text{Salt and pepper to taste} \end{cases}$
- Cook until thickened.
- Add 1 cup cooked lobster

Syrian Chicken Loaf

- Shred 2 cups cooked chicken
- Blanch and grind $\begin{cases} \frac{1}{2} \text{ lb. almonds} \\ \frac{1}{2} \text{ lb. hazel nuts} \\ \frac{1}{4} \text{ lb. walnuts} \end{cases}$
- Moisten 1 cup rice flour
- With 1 cup milk
- Boil 1 cup milk
- And stir in flour mixture.
- Add 1 tbsp. sugar
- Place in saucepan on low heat and stir until cooked.
- Moisten Chicken
- With 1 cup chicken broth
- And add to rice mixture.
- Add $\begin{cases} 1 \text{ tsp. rose water} \\ \text{Seasoning to taste} \end{cases}$
- Pour into an oiled bread pan.
- Place in refrigerator to chill.
- On bottom of pan, place alternate slices of avocado and pineapple.
- Serve with hot vegetables.

Vienna Chicken

TEMPERATURE 350°

TIME 30 MIN. PER LB.

- Clean 4 to 5 lb. roasting chicken
- Stuff chicken with following.
- Mix together $\begin{cases} \frac{1}{2} \text{ lb. pork sausage} \\ 1 \text{ goose liver } (\frac{1}{8} \text{ lb.}) \end{cases}$
- Clean and cut very fine 3 veal sweetbreads
- Add sweetbreads to sausage mixture.
- Place sausage mixture into a skillet.
- With 4 tbsp. butter
- Brown slightly.
- Add 4 tbsp. Madeira wine
- Stuff chicken with sausage mixture.
- Baste chicken once or twice with Madeira wine.
- Roast.
- Butter steam $\begin{cases} 1 \text{ bunch fresh asparagus or} \\ 1 \text{ can} \\ 1 \text{ box frozen peas} \\ \text{Potatoes cut in balls} \\ \text{Julienne carrots} \end{cases}$
- Serve vegetables on plate with sliced chicken and dressing.

Gourmet Recipes . . Main Dishes

Danish Loin of Pork

1. Marinate..... 1 loin of pork
2. In 1 bottle claret for 24 hours
3. Remove meat and wipe with dry cloth.
4. Rub with Salt
5. Place meat in skillet on high heat and brown on both sides.
6. Melt in saucepan.... 2 tbsp. butter
7. Add 2 tbsp. flour
8. Blend.
9. Add 1 qt. cream
10. And let come to boil.
11. Pour cream sauce over meat.
12. And steam 30 minutes per lb. of meat.
13. When done place meat on platter.
14. Add 1 cup Madeira to gravy
15. Serve hot.

Breast of Pheasant Hunter's Style

1. Cut in two..... Breast of plump wild pheasant
2. Dip in..... Flour seasoned with salt and pepper
3. Place in sauce pan... Butter—enough to cover bottom of pan
4. Fry pheasant until golden brown.
5. Place browned pheasant in a pottery baking dish.
6. Chop and sprinkle over pheasant Chopped celery
7. Cover all with Heavy cream
8. Put into oven at 350 degrees and bake for 2 hours.
9. Serve on platter with... Wild rice
10. Thicken cream sauce and add..... $\frac{1}{2}$ cup sherry
11. Pour over pheasant.

When roasting or frying fowl the last 10 minutes add 1 cup white wine, 1 bud garlic chopped fine and 1 tbsp. parsley chopped. This gives a delicious flavor to any poultry dish.

Garnish poultry platter with oranges stuffed in grenadine and celery, or peach halves filled with jelly and watercress, or prunes stuffed with cream and shredded glazed carrots.

Veal a la Ciro's

- SKILLET** TIME 1 HR.
1. Cut into servings 2 lbs. veal $\frac{1}{8}$ " thick
 2. Brown in butter in skillet on large unit on High.
 3. Take out meat.
 4. Add to butter 3 tbsp. flour
 5. Blend.
- | | |
|-------------|--|
| 6. Add..... | $\left\{ \begin{array}{l} 1 \text{ cup stock or} \\ \text{bouillon} \\ 1 \text{ pt. fresh mush-} \\ \text{rooms, sliced} \\ 2 \text{ tbsp. minced} \\ \text{shallots or chives} \\ \frac{1}{2} \text{ tsp. salt} \\ \text{Dash white pepper} \\ 3 \text{ tbsp. sherry wine} \end{array} \right.$ |
|-------------|--|
7. Put meat into sauce and put on cover—turn switch to low and let simmer one hour.

Beef Tenderloin Tips in Wine Sauce

- SKILLET** TIME 10 to 12 MIN.
1. Melt 2 tbsp. butter
 2. Brown 1 medium onion sliced
 3. Remove onion and brown $\frac{1}{2}$ lbs. beef tenderloin, sliced thin
 4. Remove tenderloin.
 5. Add 2 tbsp. flour
 6. Stir well.
 7. Add $\frac{2}{3}$ cup brown gravy
 8. Cook 8 to 10 minutes.
 9. Add $\frac{2}{3}$ cup sherry wine
 10. Add tenderloin and serve immediately.

Broiled Steak Gourmet

1. Select..... Large porterhouse steak—about 2 inches thick
2. Place on broiler pan and spread with..... Butter
3. Season with Salt and pepper
4. Broil 7 minutes to a side. Just before steak is to be served spread the following sauce on top of steak:
5. Cream..... $\frac{1}{2}$ lb. Roquefort cheese
6. Add to make a thick paste Chili sauce
7. Season with Worcestershire sauce
8. Place under broiler for 5 minutes.
9. Garnish with Chopped chives

Gourmet Recipes . . Vegetables

Vegetable Combinations

Brussels Sprouts with Chestnuts

Steam Brussels Sprouts. Steam chestnuts, peel and slice and add to Brussels Sprouts. Season with salt and pepper, and add melted butter.

Green Beans with Mushrooms

Steam sliced green beans and add sliced mushrooms which have been sauted with chopped onion in butter and seasoned with salt and pepper.

Cauliflower, Scotch Style

Separate cauliflower into flowerlets, and combine with equal amounts of diced new carrots. Cook in milk and water until tender. Then add white sauce and bake in moderate oven (350 degrees) for 20 minutes, sprinkling the top with grated cheese and crumbs, or corn flakes.

Egg Plant and Okra

Dice raw egg plant, okra and tomatoes, making large cubes. Cook in a covered saucepan for thirty minutes, seasoning with salt, pepper, onion, chopped parsley. Serve with grated Parmesan cheese.

Cucumbers Marguery

Pare cucumbers and cut them in quarters, lengthwise. Remove seeds and soft centers and cook in boiling water until tender. Drain, saute in butter and serve with white sauce to which beaten egg, lemon juice and finely chopped parsley are added.

Au Gratin Potatoes Superb

SERVES 10 TEMP. 350° TIME 2 HRS.

1. Melt in saucepan $\frac{1}{2}$ lb. butter
2. Add $\frac{1}{2}$ cup flour
3. Mix thoroughly until flour is well blended.
4. Add 1 qt. cream
5. Cook slowly for 15 minutes.
6. Add $1\frac{1}{2}$ lb. grated American cheese
7. Season with Salt, pepper, paprika
8. Slice thinly 20 potatoes
9. Butter casserole.
10. Make a layer of potatoes, pour over enough sauce to cover, continue this until all potatoes and sauce are used. Bake.
11. The last half hour of baking, sprinkle grated cheese and paprika over top.

Stuffed Mushrooms

1. Remove stems from 12 large mushrooms
2. Mix together $\left\{ \begin{array}{l} \frac{1}{2} \text{ cup bread crumbs} \\ 1 \text{ clove chopped garlic} \\ \frac{1}{2} \text{ tsp. onion, minced} \\ 1 \text{ tsp. parsley minced} \\ \text{Salt and pepper} \end{array} \right.$
3. Moisten with Melted butter
4. Stuff mushrooms and broil 10 min.
5. Serve around steak.

Squash Souffle

SERVES 6 8" RING MOLD TEMP. 350° TIME 1 HR.

1. Measure $\left\{ \begin{array}{l} 3 \text{ cups cooked squash (mashed)} \\ 1 \text{ tbsp. minced onion} \\ 1 \text{ tsp. salt} \\ \frac{1}{8} \text{ tsp. pepper} \\ 3 \text{ tbsp. melted butter} \end{array} \right.$
2. Add $\left\{ \begin{array}{l} 3 \text{ eggs, beaten} \\ 1 \text{ cup cooked peas} \end{array} \right.$
3. Pour into buttered ring mold.
4. Place in 9-inch square pan with $\frac{1}{2}$ cup water
5. Fill center of mold with butter steamed peas before serving.

Delicate Additions to Improve Flavor of Vegetables

1. Steam broccoli or cauliflower, pour over melted butter and 1 tbsp. of bread crumbs to 2 tbsp. butter, season.
2. Add 1 tsp. cream to $\frac{1}{4}$ cup melted butter when seasoning vegetables.
3. A small clove garlic adds pep to green beans.
4. When baking squash fill the cavity with maple syrup.
5. Slice raw cauliflower very thin, serve with Horseradish sauce.
6. Add 1 tbsp. caraway seed to sauerkraut to improve flavor.
7. Add celery seed to cole slaw.
8. To reheat cooked broccoli, beat an egg white and add to mayonnaise, spread over vegetables and broil.
9. A casserole of left-over vegetables topped with a cheese sauce is delicious.

Gourmet Recipes . . Salads

Fresh Green Salad Bowl

A fresh green salad has many variations as the combination of vegetables depends upon the vegetables in season.

The secret of an appetizing fresh green salad is the crisping of the vegetables and shaking of all moisture from the greens. The following is our favorite recipe for a delicious and appetizing salad bowl:

1. Rub a wooden bowl with clove of garlic.
2. Put salad bowl in refrigerator to chill.
3. Tear lettuce apart and place in strainer to drain.
4. Add—French Endive, watercress, cucumbers sliced and not peeled, chopped onions, radishes sliced, and celery if desired. Also cooked peas, broccoli, or spinach, may be added to the salad.
5. Sprinkle with salt, mustard, paprika, sugar, black pepper, and any other seasoning desired.
6. Pour olive oil over the greens, toss lightly, add only a few drops of tarragon vinegar.
7. Remember this salad depends upon the person mixing it. Season to taste, add a little cut up Roquefort cheese, anchovies if desired or sliced avocado.

Sea Food Salad

SERVES 10

1. Clean and mix.... $\left\{ \begin{array}{l} 2 \text{ large cans shrimp} \\ 1 \text{ large can lobster} \\ 1 \text{ large can crab meat} \\ \frac{1}{4} \text{ cup lemon juice} \end{array} \right.$
2. Add..... $\left\{ \begin{array}{l} 3 \text{ cups diced celery} \\ 6 \text{ hard-cooked eggs, diced} \\ 1 \text{ tbsp. capers} \\ \frac{1}{2} \text{ green pepper, chopped} \end{array} \right.$
3. Add..... $\frac{3}{4} \text{ cup mayonnaise diluted}$
With..... $\frac{1}{4} \text{ cup cream}$
4. Toss together and serve on..... **Lettuce cups**
5. Decorate top with whole pieces of lobster meat and capers.

Chicken and Kidney Bean Salad

SERVES 10

1. Dice..... $2 \text{ cups cold chicken}$
2. Drain and add..... $1 \text{ can whole kernel corn}$
3. Dice and add..... 1 small onion
4. Drain thoroughly..... $1 \text{ can kidney beans}$
5. Core and dice..... 1 red apple
6. Dice..... $\left\{ \begin{array}{l} 2 \text{ hard-cooked eggs} \\ 1 \text{ cup celery} \end{array} \right.$
7. Whip..... $1 \text{ cup whipping cream}$
8. Add..... $\left\{ \begin{array}{l} 1 \text{ cup mayonnaise} \\ \text{Juice of 1 lemon} \\ \frac{1}{2} \text{ tsp. salt} \\ 1 \text{ tbsp. sugar} \end{array} \right.$
9. Toss together lightly and serve in lettuce cups.
10. Garnish with bits of watercress.

Cheese and Avocado Salad

SERVES 6

1. Soak..... 2 tbsp. gelatin
2. In..... $\frac{1}{2} \text{ cup cold water}$
3. Cream..... $\left\{ \begin{array}{l} 1 \text{ pkg. cream cheese} \\ \frac{1}{2} \text{ cup Roquefort cheese} \end{array} \right.$
4. Whip..... $1 \text{ cup whipping cream}$
5. Add..... $\left\{ \begin{array}{l} \frac{3}{4} \text{ tsp. salt} \\ \frac{1}{8} \text{ tsp. pepper} \end{array} \right.$
6. Dissolve gelatin over hot water.
7. Combine all ingredients.
8. Pour into molds, place in refrigerator to congeal.
9. Serve on curly endive.
10. Garnish with avocado pear slices.
11. Serve with glazed French dressing.

New Orleans Hot Shrimps

Clean shrimps, allowing 6 large shrimps to serving. Shake shrimp in a bag of bread crumbs which have been seasoned with salt, pepper and paprika. Place shrimp on sea shell baking dish or in pottery ramekin, dot shrimp generously with garlic butter, place in hot oven until crumbs are brown. Serve immediately. (Garlic butter is made by creaming butter and adding garlic to taste.)

Gourmet Recipes.. Desserts

Almond Cake Dessert

- SERVES 10 2-9" LAYER CAKE PANS TIME 2 HRS.
 TEMPERATURE 225°
- Blanch..... 1 lb. almonds
 - Place in a shallow pan and set aside in a warm place to dry for several hours.
 - Run almonds through food chopper.
 - Beat until stiff..... 10 egg whites
 - Add..... 2 cups granulated sugar
 - Add..... Ground almonds
 - Line bottom of two 9" layer cake tins with paper and grease paper well.
 - Pour almond mixture into the pans and place in oven to bake.
 - Peel and core..... 1 apple for each serving
 - Place in saucepan with..... ½ cup water
Let come to steaming point.
 - Steam until tender.
 - Place one apple on each serving of almond cake.
 - Pour over following sauce.

Dessert Sauce

- Beat until thick..... 10 egg yolks
- Add..... 1 cup sugar
- Put in a saucepan and cook slowly.
- Add slowly..... 1 cup whipping cream
- Stir occasionally.
- Remove from range { 1 tsp. vanilla or and add..... { 1 tsp. rum
Serve cold over almond cake and apples.

Festive Layer Cake

- 14 to 16 SERVINGS 3-9" LAYER CAKE PANS TIME 25 to 30 MIN.
 TEMPERATURE 375°
- Cream..... 1 cup butter
 - Add..... 2½ cups sugar
 - Sift and measure... { 4 cups cake flour
 { 5 tsp. baking powder
 { ¼ tsp. salt
 - Add dry ingredients alternately with..... 1 cup milk
 - Add..... { 1 tsp. almond extract
 { ½ tsp. vanilla
 - Beat until stiff and fold in..... 10 egg whites
 - Bake in three 9-inch layers. Put together with Delicious Apple Filling. Ice with Miracle Icing. (See page 39 for these recipes.)

Cream Cheese Cake

- YIELD: 10 SPRING FORM PAN
 TEMPERATURE 325° TIME 1¼ HRS. OR UNTIL SET
- Roll into crumbs..... ¾ pkg. zweiback
 - Add..... { 2 tbsp. melted butter
 { 2 tbsp. sugar
 - Press into bottom and sides of a spring form pan.
 - Mix..... { ½ cup sugar
 { 2 tbsp. flour
 { ¼ tsp. salt
 { 5½ pkgs. cream cheese
 { Juice and rind of 1 lemon
 { 4 egg yolks well beaten
 { 1 tsp. vanilla
 { 1 cup cream
 - Add..... { 4 egg whites
 - Beat and fold in..... 4 egg whites
 - Bake.

Baked Alaska in Candied Orange Shells

- SERVINGS 8 SAUCEPAN
- Cut in half..... 4 large California oranges
 - Remove juice and pulp from oranges.
 - Steam oranges in water until tender.
 - Remove and drain.
 - Mix..... 3 cups sugar
 - With..... 1 cup water
Bring to a boil on high heat and then turn to low heat.
 - Place orange halves in syrup and simmer about 30 minutes.
 - Turn over several times.
 - Drain on waxed paper.
 - Roll orange shells in... Granulated sugar
Cool.
 - Whip until stiff..... 3 egg whites
With..... ½ tsp. baking powder
 - Add..... ½ cup sugar
 - Beat until mixed.
 - Fill orange shells with..... Orange ice cream
 - Cover ice cream with..... Meringue
Slip under broiler with switch turned to Broil and broil until a delicate brown. Serve at once.





YOU'LL ENJOY THE BEAUTY
AND CONVENIENCE OF A

General Electric Kitchen

For More Pleasure in the Kitchen

HERE ARE three basic centers in the modern kitchen—the preservation center, the preparation center, and the sanitation center. Today, there is a General Electric appliance for each one of these centers. In addition, General Electric also makes available modern cabinets which serve to organize these appliances into a beautiful, convenient and efficient kitchen. And there are many other G-E appliances which save time and money, and add still further to the ease and joy of homemaking.

With an electric refrigerator, foods not only may be prepared in advance during leisure time, and stored, but the cool atmosphere actually conditions them for cooking. Vegetables become firm and crisp, cook quicker, use less current, look better when served and taste better. Batters and pastries may be prepared in advance of the time when they are needed and used. The cool moisture of the refrigerator conditions the ingredients so that the baking gives a better, richer flavor. Meats are juicier and far more tender when stored in the refrigerator meat storage compartment before cooking.

Foods cooked electrically are generally accepted as better in taste and wholesome goodness. And electric cooking is so very simple and easy. With a General Electric Range, the fast and economical Calrod surface units have five heats—accurately controlled by a single switch. Electric heat is accurately measured and controlled for consistently good results.

Foods cooked electrically require very little water—just enough to create a live steam. Thus, food is cooked in its own natural juices, conserving the wholesome, healthful vitamins and minerals in the food you eat. They aren't thrown "down the drain" with the water in which the food is cooked. Not only is the oven heat accurately controlled and evenly applied, but the oven moisture is controlled. With an electric range, the food is cooked in its own juices because there is no circulation of warm air forced in from outside the oven itself as with other types of cooking. The even penetration of radiant electric heat gives juicy, tender roasts, savory broiled steaks, evenly-browned cakes or pastries, and other delicious oven cooking results.

One of the most unpleasant kitchen tasks is the "cleaning up afterwards." Thanks to the G-E Electric Sink you no longer have to worry or work over wastes to be disposed of or dishes to be done. With the G-E Disposall, you merely scrape the waste down the drain and it's out of sight—disposed of in the most sanitary and easiest manner. And with the wonderful G-E Dishwasher, all you have to do is place the dirty dishes, silver, glasses and utensils in the dishwasher and they're washed, rinsed and dried in no time. Nothing can add more real pleasure to your kitchen work than a modern G-E Electric Sink. It gives a perfect ending to a perfect meal.

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